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*"more
please"
recipes*

PLUS YOUR
7-DAY
MEAL
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WEEKNIGHT
SHOPPING
LIST

IS TYPE 2
CURABLE?
WE FIND OUT

27
Do-it
today
*energy
boosters*

Slow cooker special

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Step up! WALKING PLANS FOR EVERY LEVEL

AN EASY STEAK DINNER WITH GRAVY INCLUDED!

Just been
diagnosed?
TURN TO PAGE 9
NOW!

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2
PACK

NAVY/LILAC

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DENIM

4
LENGTHS

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Instead of turning to comfort food, colour your plate with these Mediterranean dishes

SPECIAL OFFER

Receive a FREE Plunkett's Skincare Pack (worth \$88.10) when you sign up for a two-year DL subscription for just \$69! See page 136 for details.

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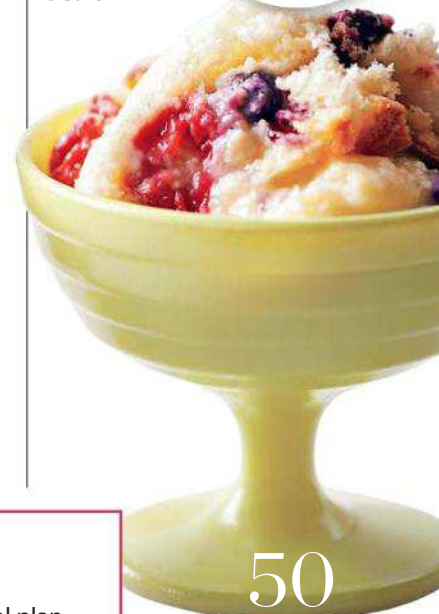
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welcome

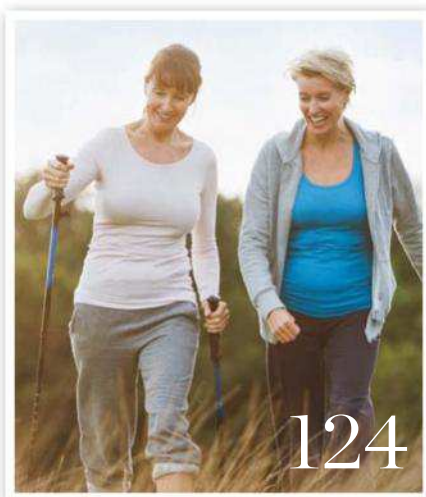


Keep it up!

» Winter is well and truly upon us, and if you're not a fan of frosty mornings it can be tough to keep the motivation going around exercise and eating well. It's easy to slip into the habit of skipping your regular exercise routine and having a hot chocolate instead. But keeping active and healthy during winter is well worth the effort, and in this issue we've got lots of great ideas to help you stay on track.

Our special 38-page slow cooker food feature (starting on page 18) not only gives you loads of delicious meal ideas, it also gives you back some time that you can put to good use by going for a walk, enjoying your favourite hobby or catching up with your friends.

We all know how to walk, but if you'd like to start doing it with



purpose, turn to our walking plans on page 124 to really put some pep in your step. We've got plans for absolute beginners as well as those who are motivated pavement pounders. Need some inspiration to pull those walking shoes on? Check out Michelle's story (page 122) about how walking was one of the keys to her sustained weight loss.

There's been talk lately about a possible cure for Type 2. It's enough to make you click on the link, but is it really true? We investigated and what we discovered can be found on page 92.

We hope you enjoy this issue and stay warm and well over winter!

Alix

Alix Davis, Editor

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.



WEBSITE

diabeticliving.com.au



FACEBOOK

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INSTAGRAM

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NEXT
ISSUE ON
SALE
2 AUG

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

Diabetes AUSTRALIA

Coeliac Australia

You tell us

Here's where you have your say, tell others your stories and give feedback on your magazine

TRUE INSPIRATION

Wow, wow, wow! *DL* is everything I need to get me out of a rut after two years of difficulty getting around on two feet, and a sore back from a year confined, more or less, to bed.

Yes, I'm a Kiwi, but I do so look forward to your mag arriving in the post.

Many of the items mentioned in the recipes we do not have here in our Countdown Supermarket, so that makes it hard finding alternatives, and as an older generation brought up through the times of rationing, it was all plain food we lived on. I now find that my body does not tolerate all the Asian-inspired ingredients that seem to be included in many of the recipes. Sad, but it is a case of what can be tolerated, and many of my friends find the same body tolerance I speak of.

The Living Well section is really topnotch this time as well, and I have been devouring the contents since it arrived in yesterday's mail. Haven't got too far as I have already been encouraged to try doing a little more exercise today.

Thank you for this wonderful magazine and I can't wait for the next issue to arrive!

Jeanette, New Zealand

STAR
LETTER

Thanks for the help

I felt compelled to write after reading the March/April 2018 issue.

I thankfully am not a diabetic but am coeliac – for over 34 years – and this causes me no real challenges, now; and four years ago I was diagnosed with scleroderma. This does pose many problems, health issues and lifestyle challenges.

I've enjoyed many of your gluten-free recipes and dietary advice, but now find so many articles, advertisements and lifestyle issues for

diabetics are relevant to this very serious autoimmune disease.

This issue, I've read every article as I found something for my benefit and, if not, then I've found I've learned things I previously have not known.

So, thank you to the *Diabetic Living* team, not only for the recipes, the healthy eating and living well articles, but the important advice many others – like me – gain from the magazine.

Barbara, Victoria

Take extra care when feeling sick

I have attended many courses, read lots of paperwork information, and attend a diabetic educator six-monthly. Not once have I read or been told to be careful when I get a sore throat and use lozenges to relieve symptoms. I know if I thought about it I would have realised – sugar!!!

I had a very bad throat, took a lozenge often, and ended up in the hospital with a reading of 24. I didn't have more than 5-6 lozenges in that day.

So I thought I'd write, so someone could give a warning – maybe an article – about various things to be taken carefully.

Lyn

We hear you Lyn! Turn to page 104 to find out what you should consider the next time you're sick.



Send your letters to diabeticliving@pacificmags.com.au

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OUR EXPERTS

Dr Kate Marsh

**Dietitian and
diabetes educator**

Kate, who has type 1, is in private practice in Sydney.
nnd.com.au

Christine Armarego

Exercise physiologist

At her clinic, Christine focuses on exercise as a way to improve BGLs. theglucoseclub.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW. drsultanlinjawi.com

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre. mendpsychology.com.au

Dr Gary Deed

General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Dr Angus Turner

Ophthalmologist

Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA. outbackvision.com.au

Elissa Renouf

Type 1 parent

Elissa is the owner of Diabete-ezy and a mum of four kids with type 1. diabete-ezy.com

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

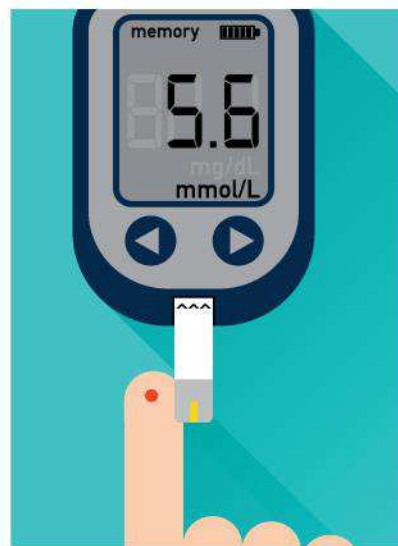
DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes

Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being



diagnosed, because the pancreas produces less insulin over time.

- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

Food myths for PWD*...

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

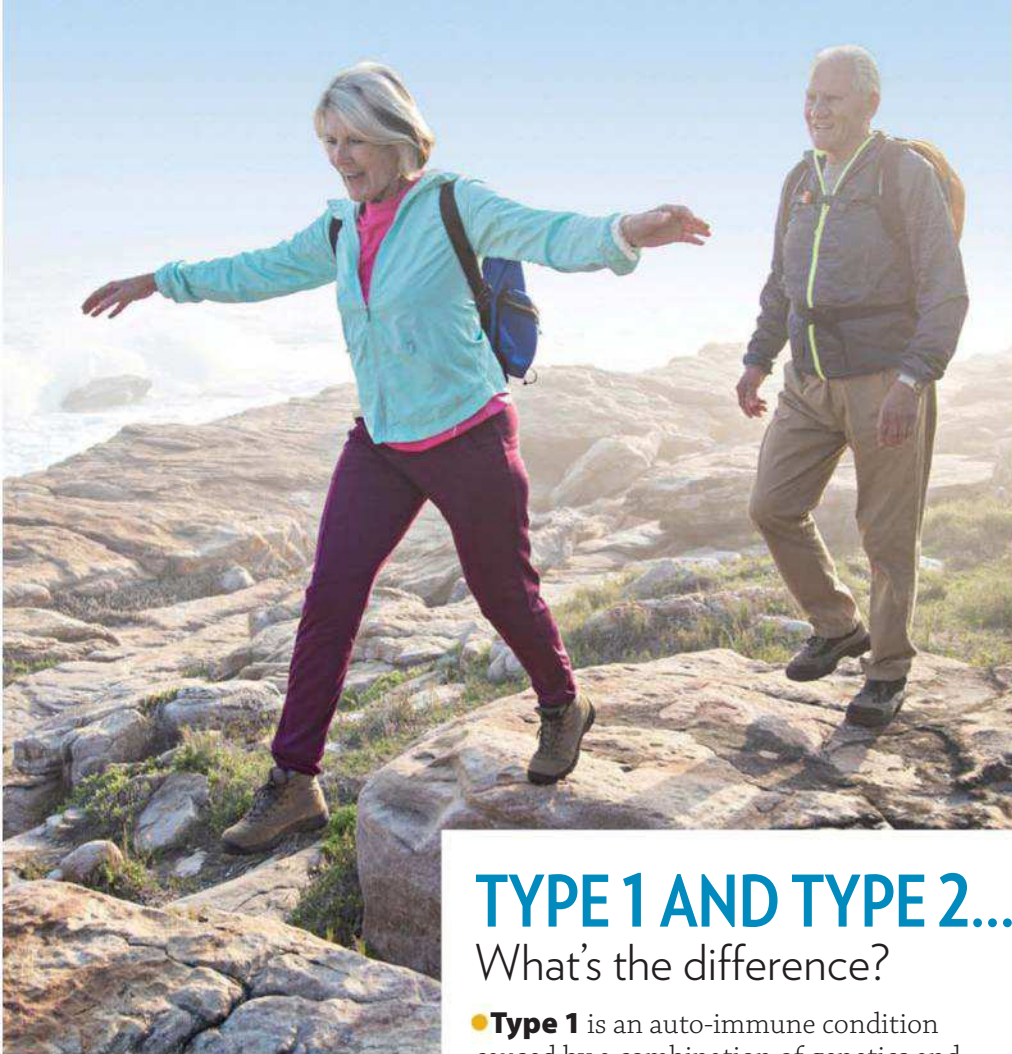
*That's People With Diabetes

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in DL are designed for everyone.



Losing just 5% of your body weight can have a positive impact.



TYPE 1 AND TYPE 2...

What's the difference?

● **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

● **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.



2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.



3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

YOUR healthy life

The latest facts & global news on diabetes, blogs, diet, science and testing

*Cartoon
mascots:
a thing
of the
past?*



A survey conducted by the Obesity Policy Coalition (OPC) of 186 packaged foods that use cartoons to attract children, found **52 per cent** were classified as unhealthy – containing too much sugar, fat or salt – by the Food Standards Australia New Zealand Nutrient Profiling Scoring calculator. In this study, they found 26 of 30 snack bars designed for children were deemed unhealthy, alongside ice-cream, cheese snacks and breakfast cereals as big culprits. The OPC wants to remove cartoons and character promotions from packaging to improve children's diets and reduce obesity.

27%

of participants in Amcal's 2018 Diabetes Care Review admitted to struggling to be themselves and relax when socialising because of their diabetes.

NEW INDIGENOUS INITIATIVE

Did you see our Diabetes Hero in the last issue? Since the release of Jason Bartlett's powerful video message recorded just days before he died from diabetes-related illnesses, the Federal Government has launched two new education programs to improve the health of Aboriginal and Torres Strait Islander people and senior Australians. Jason's video has been made available to diabetes educators. The new online e-learning modules aim to help people with diabetes, their families and carers, healthcare teams and community members.





Blogs to get on board with

SIX UNTIL ME (sixuntilme.com)

Author of *Balancing Diabetes*, Kerri Morrone Sparling has been blogging about diabetes since 2005. Living with type 1, she shares her experiences and struggles from pregnancy to her levels dropping in the supermarket.

THE DIABETIC NEWS

(thediabeticnews.com)

Sharing posts on new therapies, breakthroughs in medicine and research, as well as global alerts and recalls, The Diabetic News will keep you up-to-date with all the latest news around diabetes.

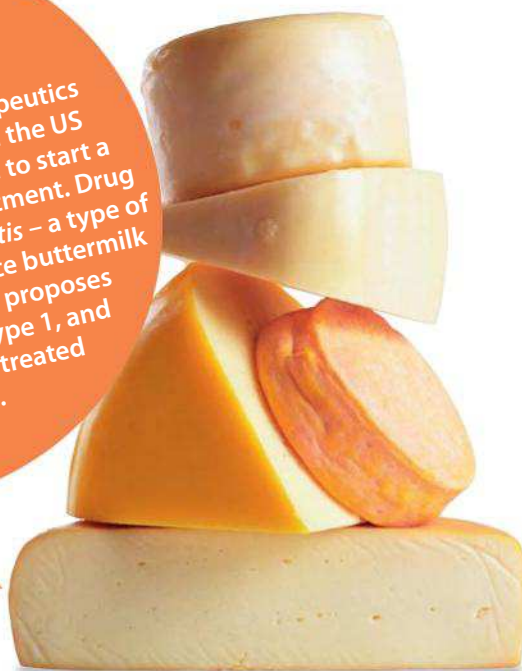
EXPLORING DIABETES TYPE 2

(bobsdiabetes.blogspot.com)

Retired and enjoying life, Bob writes about his experiences living with type 2, as well as exploring the myths around causes and treatments of type 2. Keeping a positive attitude, Bob also explores and shares the latest research development.

COULD CHEESE BE THE ANSWER?

Belgium-based ActoBio Therapeutics has received permission from the US Food and Drug Administration to start a new clinical trial for type 1 treatment. Drug AG019 contains *Lactococcus lactis* – a type of bacteria that is used to produce buttermilk and cheese – that ActoBio proposes could treat early-onset type 1, and reverse the disease if treated early enough.



I have just been diagnosed with type 2. I have always been fit and healthy and watched my diet. I thought type 2 was only diagnosed in people who are overweight. So why me?

Dr Linjawi says: You are right that diabetes typically occurs in people who are overweight or obese. While you may not be overweight, if your genetic predisposition is very high, unfortunately the likelihood of developing diabetes is still there. The other thing to consider is that, because of your age, while you have been diagnosed with type 2 you may in fact have late-onset type 1. This misdiagnosis is quite common and oral medication has little effect at controlling BGLs and moving onto insulin sooner rather than later is required.

The third group who can develop diabetes are people who have had pancreatic damage, say, as a consequence of pancreatitis from gall stones at some point. This has resulted in the pancreas not able to produce as much insulin as it needs. ➤

Dr Sultan Linjawi, endocrinologist

Email your questions to:

diabeticliving@pacificmags.com.au

Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.

Bring the family *together*

Children who routinely eat meals with their family are more likely to have long-term physical and mental health benefits, researchers from the University of Montreal have found. The study published in the *Journal of Developmental & Behavioral Pediatrics* found those who were a part of

family meals had more social skills, better fitness and lower levels of soft-drink consumption. The presence of parents at mealtimes was more likely to provide young children with social interaction, discussion of social issues and concerns. It's an easy way for parents to improve children's wellbeing.

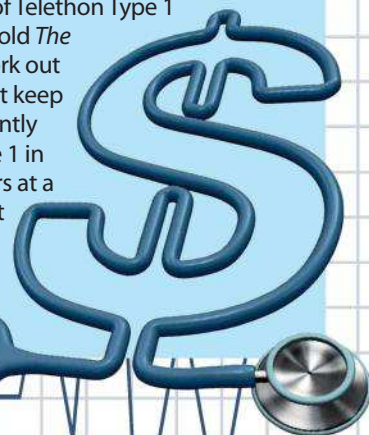
BREAKING NEWS

A new Scandinavian study suggests there are five types of diabetes, not two. "This is the first step towards personalised treatment of diabetes," says Leif Groop, physician and professor of diabetes and endocrinology at Lund University in Sweden.

Look out for our coverage in the next issue!

CHECK YOUR **INSURANCE LEVEL**

Western Australia's biggest insurer, HBF, with just over one million members, has announced a change to their basic policy. From 1 July, HBF's basic policy will no longer cover insulin pumps – alongside other items including cochlear implants and sterilisation reversal procedures – advising members to upgrade their policies. "This move will hit families hard, because type 1 diabetes is a costly disease to manage, and many families with kids with type 1 diabetes already feel financial hardship," the chief executive of Telethon Type 1 Diabetes Family Centre, Rebecca Johnson, told *The West Australian*. "HBF is forcing families to fork out even more money to access the devices that keep their children alive." Insulin pumps are currently used by about half of the children with type 1 in WA and need to be replaced every four years at a cost of about \$10,000 per recipient (without insurance). This move brings HBF in line with other large private health insurers.

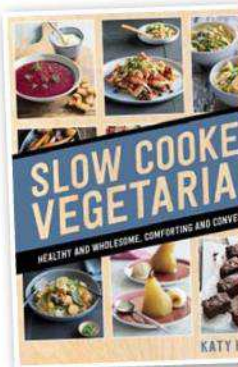




SLOW COOKER VEGETARIAN

by Katy Holder
Murdoch Books, \$29.99

Has our slow cooker special (page 18) got you wanting more? Passionate about cooking and eating a healthy diet, Katy Holder's latest cookbook offers 100 slow cooker recipes suitable for all looking for meat-free meals. Throw your ingredients in and get on with your day – simple!



425 MILLION

The number of people
around the world living
with diabetes.

The future of the prick

Two universities in South Korea are working on separate developments that could potentially replace the finger-prick test. Developers at Seoul National University are working on a sweatband that can be worn on the upper arm and accurately measure your BGLs via the sweat on the skin's surface. Meanwhile, researchers at the Ulsan National Institute of Science and Technology are trialling a glucose-sensing contact lens that can measure your levels through tears.



Is it helpful to worry about hypos?

Dr Clarke says: Hypos are unpleasant and potentially very dangerous, so it's not unusual for people with diabetes and their loved ones to worry about them. Worrying about hypos can be productive if it motivates a person to be proactive and engage positively with their self-care routine.

However, it is often unproductive, serving only to increase anxiety about diabetes management and unhelpful actions, like obsessive-monitoring, overtreatment of hypos and so on. Sadly, some people think that worry or fear of hypoglycaemia is part-and-parcel of living with diabetes. But it doesn't have to be.

When worrying starts to interfere with your daily routine, when it's occupying a lot of mental space and is hard to shake, speak to a health professional. There are lots of things that can help to reduce worry and restore self-confidence, ranging from early recognition of symptoms to putting plans in place for psychological support. ➤

Dr Janine Clarke, psychologist

Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.

Support & Care

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Proceeds from the raffle will aid the Australian Diabetes Educators Association to:

- Fund practical research that supports 1.7 million Australians with diabetes as they work hard to live well every day.
- Promote best-practice diabetes education to ensure optimal health and wellbeing for all people affected by, and at risk of, diabetes.
- Support Credentialed Diabetes Educators to deliver quality diabetes education and care to people with, or at risk of, diabetes, their carers and families.

TO PURCHASE TICKETS GO TO
www.rafflelink.com.au/adea



WWW.ADEA.COM.AU/FIND-A-CDE

A CAUSE OF IRREGULAR PERIODS?



Do you or your daughter have type 2 and have irregular periods? You're not alone.

A new study published in the Endocrine Society's *Journal of Clinical Endocrinology & Metabolism* found more than 20 per cent of girls (aged 10-19) in the Treatment Options for

Type 2 Diabetes in Youth study had irregular periods, many of whom also showed high testosterone levels – which point towards polycystic ovary syndrome as an underlying cause. However, those that did not show elevated testosterone suggests the necessity for more studies.

629 MILLION

The number of people expected to be living with diabetes by 2045.



At-home detection made easy



Australia's first approved, comprehensive at-home urine test, created by Sydney mum of two, Sophie Castleman, and eminent kidney specialist Associate Professor David Gracey, can detect a myriad of markers. Similar to a pregnancy test, one quick wee on a We Test strip can detect your glucose levels, pH levels, vitamin C levels, white blood cell count and ketones, to name a few. "Early detection means early intervention and that can lead to better health outcomes," explains Castleman. We Test strips are available at selected pharmacies and online, for \$19.99. For more information, visit wetestonline.com. ■

Naturally Repairs and Restores Skin

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Grazes
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Scars



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Vita e

High Potency Vitamin E
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THE TRAVELLING *bears*

Inspired by her daughter's diagnosis of type 1 diabetes, Donna-Michelle Donkin began a global support group for people with diabetes and their families on Facebook



Donna with daughters, from left, Alena-Mae and Cerys.

▶ Without the diagnosis of type 1, Donna would never have been inspired to create The Insulin Gang, which never would have created a global community from her home in the UK that is tied together with the love and support of the Travelling Bears.

In January 2011, Donna's daughter Cerys was diagnosed with type 1 at the age of nine after suffering from a chest infection. Despite initially believing the diagnosis was wrong – she had never heard of children being affected by diabetes – Donna realised she needed to get to grips with their new way of life and help Cerys, a shy, very needle-phobic girl, adjust to a life with blood tests and injections.

At the time, the family didn't know anyone affected by type 1.

This led to Donna creating a website and subsequent Facebook group called The Insulin Gang, for people with diabetes and their families. "I am proud of The Gang," says Donna of the group, which has more than 5000 members. "It is a friendly, informative place to find friendship, support and advice."

Through The Insulin Gang, Donna started another Facebook group called The Adventures of The Insulin Gang Travelling Bears – with over 1500 members – which currently consists of 50 teddy bears (both purchased and donated) visiting children with type 1 across the world. One resides in a clinic in India, while the rest are scattered across the UK, Northern Ireland, America, Portugal, Canada, Spain, Iceland,

Africa, Hungary, France, Sweden and three in Australia.

"I started sending bears to children with type 1, along with a journal, in which they could feel special, feel part of a community, and write or draw in the journal about their adventures with their bear," explains Donna. "The bear and journal are on loan for one month, and the idea is the children read each other's journal entries and realise they are not alone." The bear's host family is also encouraged to update the Facebook group as well, so other families

can see what their beloved bear is up to both before and after their visit. Some have even been lucky enough to meet celebrities like Nick Jonas and Robert Downey Jr, as well as going on a fundraising trek in Peru.

These bears are impacting children in positive ways: supported through a sense of global camaraderie they are able to overcome their obstacles. Many children have had "that moment of never having wanted to speak out about diabetes", says Donna. "But with the help of the bear's presence they are suddenly confident enough to elaborate about type 1 to their class. Others might never have wanted to do

injections but with the bear they feel braver. That to me is what it's all about and it's priceless."

Each bear is named in memory of loved ones, suggested in the group or inspired by a diabetic

theme, such as Pumpi, Spike, Dex, Frederick (after Frederick Banting, the co-discoverer of insulin), and Teddy Ryder (after the first boy to receive insulin).

"We even have an adults' bear!" Donna laughs. "I did not suggest this, and to be honest I still think it's funny, but Gluco the Monkey travels around,

visiting adults with type 1... and as far as I hear, they all behave."

Today, there are waitlists for each of the bears, from children of all ages – from "very little people to teens" – waiting for their own visitor. The only criteria for your family to get involved in this community is that you or your child is living with type 1.

"It is important to remind children that type 1 – although it can feel huge and overwhelming – is not what defines them," says Donna. "They are made up of amazing traits and abilities, and they are very brave and special, but diabetes should not control them. Look after it, respect it, but carry on being amazing." ■



I did say to myself I would stop at 30 bears, but here I am with 50!

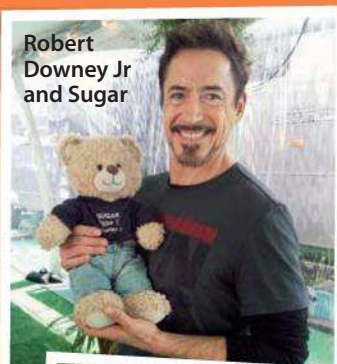
MEET SUGAR

One of Donna's oldest bears – along with daughter Cerys – inspired her first book, *The Adventures of Sugar The Travelling Bear*. Sugar helps children diagnosed with type 1 accept their health condition and feel less alone. Donna also involved her other daughter, Alena-Mae, 13, who is suffering from myalgic encephalomyelitis (chronic fatigue syndrome), to illustrate the book. Available on Amazon.



BIG HEART

★ Donna and her family have raised over £10,000 (\$18,000) for Diabetes UK, JDRF (Juvenile Diabetes Research Foundation) and cancer charities. This desire to fundraise started after Cerys' struggle to come to terms with changes diabetes brought to her life. "Within a month of her being diagnosed I decided to throw a fundraising tea party, helping Cerys to focus on inviting friends," says Donna. "Even her head teacher came along!"



Robert Downey Jr and Sugar



Kobe with Hero



Emilia with Arthur



Michael with Nakama

A top-down view of a white ceramic slow cooker with two handles. It is surrounded by various fresh ingredients: a bunch of Swiss chard with red stems and green leaves, several whole carrots with green tops, a red bell pepper, a yellow bell pepper, a green bell pepper, a whole white onion, two sliced red onions showing their concentric rings, and a large piece of raw red meat with white fat, partially wrapped in white paper. The ingredients are arranged on a wooden cutting board and a light-colored surface.

SLOW COOKER *special*

**Toss in ingredients,
cover and cook – that's the
beauty of the slow cooker.
No wonder we all love it!**



let's get started

Using your slow cooker is like having an extra pair of hands in the kitchen - it's warming winter meals made easy!

1 Choose recipes that already call for gentle cooking, simmering or baking, such as soups, stews and braised meats. If the ingredients list calls for stew meat, beef cubes or lean and inexpensive cuts, the recipe has great slow cooker potential.

Adapting recipes for the slow cooker
Many favourite conventional recipes are slow-cooker friendly, too. Follow these tips for success when cooking your go-to recipes in your slow cooker.

4 Because slow cookers retain moisture well, be sure to reduce the amount of liquid when converting a recipe for this method. In general, reduce liquid by half. When making soups, use enough water or stock to barely cover the other ingredients.

2 Take care if using a quick-cooking protein such as skinless, boneless chicken breasts or shellfish or other seafood. These tend to overcook and become dry with longer cooking times. Keep cooking time short – less than 4 hours on low or 2 hours on high.

5 If a standard recipe calls for milk or cheese, add it at the end, either during the last half hour of cooking or after the dish is cooked.

3 For thorough, even cooking, cut vegetables no larger than 2.5cm thick and keep size uniform.

6 Match your recipe to the size of your slow cooker. A standard recipe that yields 4-6 servings will generally work perfectly in a 3-4L slow cooker. Always fill the slow cooker no more than three-quarters full. ➤

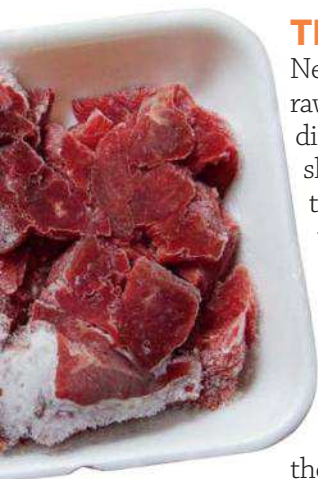
Size it up

Select a slow cooker that fits your needs

3-4L	4-6 servings
5-6L	6-8 servings
7L	8-10 servings

slow cooker *savvy*

Here's how to keep your food safe and your slow cooker simmering with contentment



Thaw first

Never toss frozen raw meat or poultry directly into your slow cooker – it thaws too slowly to remain safe to eat. Quick-thaw frozen vegetables in a colander under running water before adding to the slow cooker.

KEEP A LID ON IT

Once you cover the cooker, leave it covered. Even a quick peek inside the cooker causes moisture loss and can add 30 minutes to the cooking time. When you do lift the lid, gently lift straight up without tilting to avoid being burned by the hot steam that gathers under the lid.



BEST VEGETABLES

Vegetables cook more slowly than meats, so cut the vegetables into uniform pieces and place them closest to the heat source (at the bottom and sides of the cooker).



Chill out

Keep all ingredients refrigerated until you are ready to add them to the slow cooker. Allowing foods to rise to room temperature before cooking may cause bacteria to multiply.

NOT TOO FULL

To cook safely, your slow cooker needs to be filled at least half full but no more than three-quarters full. If you omit an ingredient in a recipe, such as parsnips, replace it with an equal amount of another similar ingredient, such as carrots.

A CLEAN MACHINE

Let the cooker cool to room temperature before washing to prevent it from cracking. If the liner is removable, wash it in the dishwasher. If not, clean the cooker with a soft cloth and soapy water. Never use abrasive cleaners or pads.

Are you an oven lover?

Don't have a slow cooker on hand? Don't despair you can still cook up these delicious recipes. Soups can be cooked on top of the stove; just keep an eye on the liquid content, as you will need to increase that slightly. With casseroles, simply cook in an oven preheated to 150°C (fan-forced) for about 3 hours, or until the meat or poultry is very tender. You will also need to increase the liquid by about half.

PUT IT TO THE TEST

To check that your slow cooker is working and safe to use, fill it half to three-quarters with water. Heat the water, covered, on the low-heat setting for 8 hours. Check the water temperature with an accurate food thermometer. If it doesn't register around 85°C, then it's time to buy another cooker.

85°C

Ideal temp when checking your cooker.



COOK ONCE, EAT TWICE

Most slow-cooked recipes yield much-appreciated leftovers. Right after the meal, transfer the extra food to freezer containers and freeze for up to six months. Thaw in the refrigerator or microwave.

Time it right

Follow the heat setting and timing specified in each recipe. As a rule of thumb, if a recipe calls for the low-heat setting, it may also be cooked on the high-heat setting for half the time. ➤

SLOW COOKER ON LOW	SLOW COOKER ON HIGH
4-6 hours	2-3 hours
6-8 hours	3-4 hours
8-12 hours	4-6 hours

slow cooker

cook *lighter*

Simple ingredient swaps can boost the health factor of slow cooker recipes while keeping the fabulous flavour

EASY SWAP

Substitute sour cream with an equal measure of plain low-fat yoghurt to save about 1400 kilojoules per ½ cup.



Choose skinless, boneless chicken thigh fillets

This protein-rich choice stays moist and succulent during slow cooking while infusing the dish with flavour.

MINCE TRICK

Before adding browned mince to slow cooker recipes, transfer the cooked meat onto a plate lined with paper towel and blot the meat crumbles with paper towels to sponge away fat and kilojoules you won't even miss.

Herbs

Both fresh and dried herbs enhance the flavour of foods without adding kilojoules. Add dried herbs early in the cooking process so their flavours have time to intensify and blend with other ingredients. Add fresh herbs at the end of cooking so they retain their colour and flavour.



SALT CONTROL

Cut the salt and choose salt-reduced stocks in a soup or stew recipe, then stir in a teaspoon or two of lemon juice or vinegar toward the end of cooking to make up for flavour lost from cutting the salt.

Lose fat

Skim fat from the surface of slow-cooked foods just before serving.

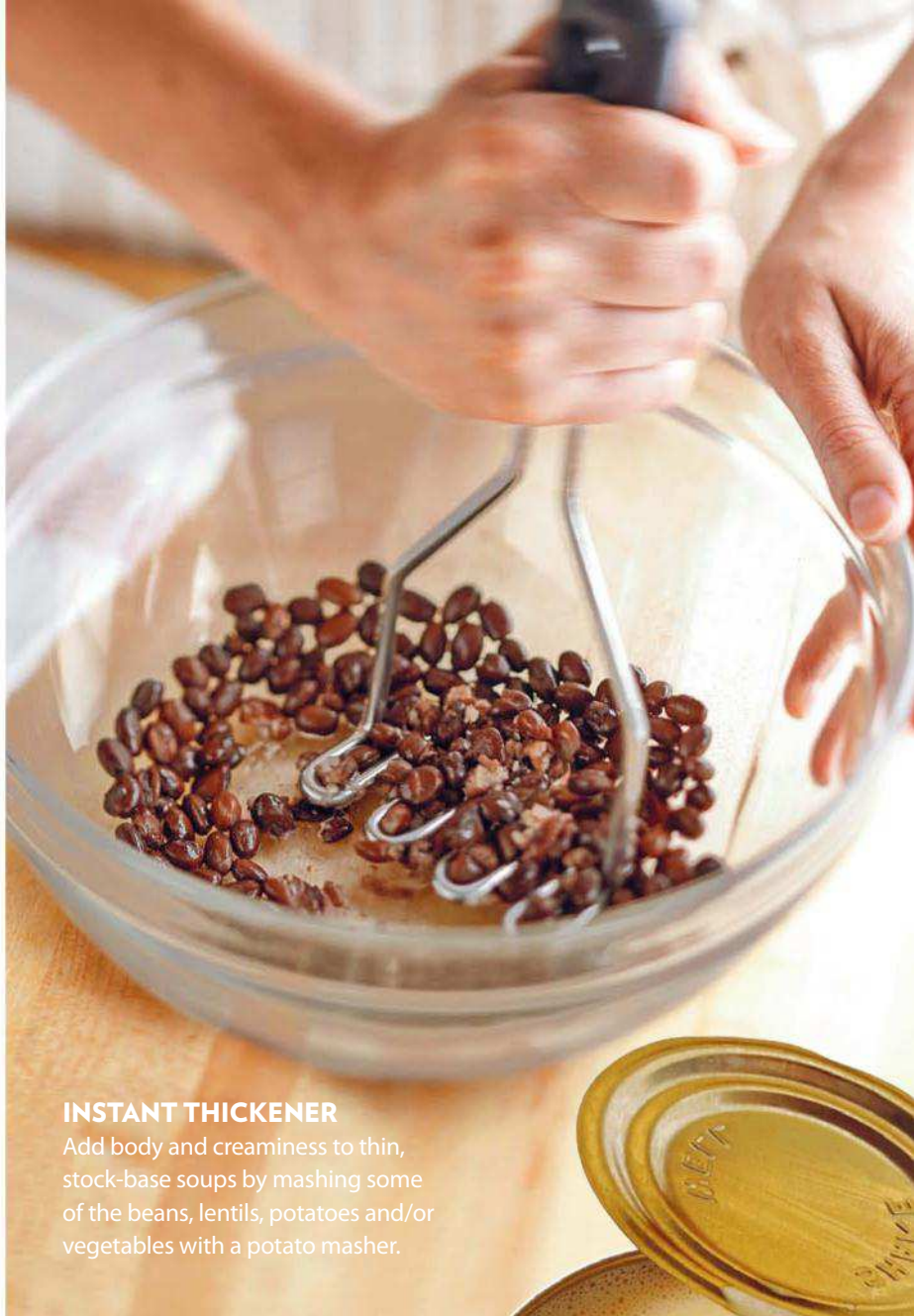
To do so, dip a large metal spoon just below the surface of the liquid and allow the fat to flow into it. Lift the fat or fatty liquid away; repeat until most of it is removed.





250
to
500
mg sodium

Trim this much sodium when you use homemade versus purchased spice mixes. If a recipe calls for seasoning mixes or packaged dried rubs, dips or salad dressing mixes, the sodium count can skyrocket. Make your own mixes instead from dried herbs and spices.



INSTANT THICKENER

Add body and creaminess to thin, stock-base soups by mashing some of the beans, lentils, potatoes and/or vegetables with a potato masher.

Make it stretch

To add nutrients while cutting fat, increase the amount of veggies and decrease the meat you use in your main dishes.

MINCE

When making bolognaise, decrease the meat by one-quarter and make up the difference in volume with non-starchy veggies such as tomatoes, onions, capsicum and mushrooms.

BEEF ROASTS

Use smaller cut than called for and increase the veggies to fill the cooker between one-half and three-quarters full. Use low-carb choices such as mushrooms, carrots, turnips, celery and green beans.



**Herbs
enhance the
flavour of
foods
without
adding
kilojoules**

DITCH THE CREAM

Swap in light evaporated milk in slow cooker recipes that call for cream. You'll cut kilojoules and fat but keep the creamy texture. ➤





plan YOUR *plate*

This simple meal strategy helps people with diabetes eat better and offers a healthy option for everyone

The plate method helps you balance your meal while managing kilojoules and carbohydrates. Start with a 22cm plate and mentally partition the plate into sections (one-quarter protein, one-quarter starch or grain, and half non-starchy vegetables). Then fill each section with the appropriate type of food. Go easy on extras like dressings and sauces.

HOW SLOW COOKER RECIPES FIT THE PLATE METHOD

Not all recipes, such as soups and casseroles, divide perfectly into the plate quadrants. In that case, think of the ingredients in separate ratios. For example, in the Apricot Chicken on page 35, the chicken would fall in the protein quadrant, vegetables would fill the big half of the plate and the brown rice would fit the grain section. When in doubt, put a serving of casserole that contains pasta, rice or beans in the starch section of the plate.

POWER-UP YOUR *pantry*

Stock your shelves with slow-cook friendly, health-promoting ingredients such as these:



Salt-reduced soy sauce A few drops of this umami-packed liquid adds savoury goodness to soups, vegies and meats.



Dried mushrooms Woodsy mushrooms add a deep, complex flavour that can stand in for the meat in vegetarian dishes.



Wholegrain pasta These noodles make a meal out of slow-cooked saucy dishes and provide a boost of fibre.



Canned beans It's hard to beat the convenience, and they hold up well in the cooker. Rinse well to halve the sodium.



Dried herbs Rub dried herbs between your fingers before adding so they'll release flavour slowly while cooking.



Roasted red capsicum Always in season, bottled roasted and peeled capsicums are a natural for adding colour and sweetness.



Salt-reduced stock Already full of slow-cooked flavour, this liquid makes a light base for soups, beans and rice.



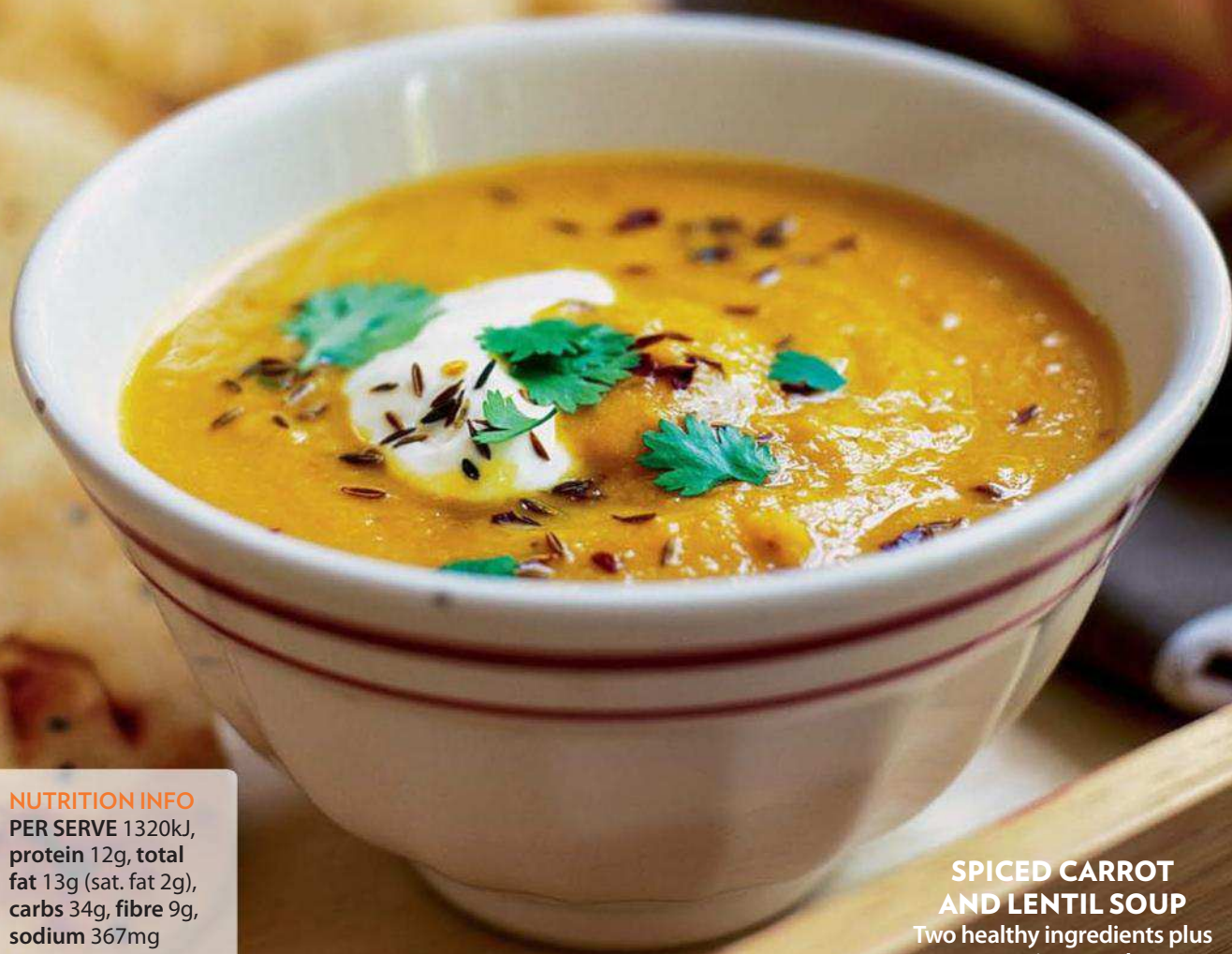
Dried beans Cheaper and lower in sodium than canned beans but you do need to soak overnight before using.



Lentils Opt for common brown lentils or green French or Puy lentils. Both will retain their shape when slow-cooked. ■

Soups & *casseroles*

Turn up the heat and save yourself some time with these warming winter meals



NUTRITION INFO

PER SERVE 1320kJ,
protein 12g, total
fat 13g (sat. fat 2g),
carbs 34g, fibre 9g,
sodium 367mg
• Carb exchanges 2½
• GI estimate
medium

SPICED CARROT AND LENTIL SOUP

Two healthy ingredients plus
an easy recipe equal a tasty
soup filled with goodness.

see recipe, page 36 >>

How our
food works
for you
see page 90

NUTRITION INFO

PER SERVE 1530kJ,
protein 33g,
total fat 13g (sat. fat 2g),
carbs 26g, fibre 8g,
sodium 191mg
• Carb exchanges 1½
• GI estimate low
• Gluten-free option
• Lower carb

SLOW
COOKER
special

RECIPES AND PHOTOGRAPHY (THIS PAGE AND OPPOSITE) IMMEDIATE MEDIA

**SLOW-COOKED
PORK AND
APRICOT STEW**

An aromatic mix of spices
add delicious flavours to
this hearty one-pot stew.
see recipe, page 36 >>

NUTRITION INFO

PER SERVE 1040kJ,
protein 15g, total
fat 7g (sat. fat 2g),
carbs 27g, fibre 8g,
sodium 544mg
• Carb exchanges 2
• GI estimate low

**BEEF AND
BARLEY SOUP**

With the goodness of beef
and high-fibre barley, this
will soon be a favourite.
see recipe, page 36 >>

slow cooker

NUTRITION INFO

PER SERVE 1820kJ,
protein 23g, total
fat 12g (sat. fat 6g),
carbs 53g, fibre 10g,
sodium 196mg
• Carb exchanges 3½
• GI estimate low

Cook's Tip

Tiny, black nigella
seeds and the dried split
peas for chana dahl
are available from
Indian or Asian
supermarkets.

COCONUT DHAL

A meal in itself, this
flavoursome dish can
also be served as a
side dish with curry.
see recipe, page 37 >>

slow cooker



CHICKEN CURRY

PREP TIME: 10 MINS

COOK TIME: 6 HOURS (LOW)

SERVES 4 (AS A MAIN)

- 1 large brown onion, roughly chopped
- 3 Tbsp mild curry paste or gluten-free curry paste
- 400g can no added salt chopped tomatoes
- 2 tsp Massel Salt-Reduced Vegetable Stock Powder
- 1 Tbsp finely chopped ginger
- 1 yellow capsicum, chopped
- 4 chicken legs, skin removed

- 1 bunch coriander, leaves picked and chopped
- 2 x 250g packets microwave brown rice, to serve

1 Put the onion, curry paste, tomatoes, stock powder, ginger and capsicum in a slow cooker. Add one-third of a can of water. Stir well. Add chicken and push it under all the other ingredients so that it is completely submerged. Cover with the lid.

2 Cook on low-heat setting for 6 hours or until the chicken and vegetables are very tender.

Stir in the coriander leaves just before serving on top of rice.

COOK'S TIP

You can prepare the recipe to the end of Step 1 and place the slow cooker bowl in the fridge. Remove in the morning and put on to cook. ➤

NUTRITION INFO **GFO**

PER SERVE 1740kJ, protein 26g, total fat 11g (sat. fat 2g), carbs 50g, fibre 8g, sodium 636mg
• Carb exchanges 3½
• GI estimate medium
• Gluten-free option

NUTRITION INFO

PER SERVE 1170kJ,
protein 10g, total fat
18g (sat. fat 8g),
carbs 17g, fibre 6g,
sodium 274mg
• Carb exchanges 1
• GI estimate low
• Gluten-free option
• Lower carb

Pumpkin soup never tasted so good!

GFO LC

PUMPKIN SOUP WITH THAI GREMOLATA

This winter staple gets a
makeover with a fresh garnish
that adds colour and zest!

see recipe, page 37 >>

ORANGE AND SAFFRON FISH SOUP

PREP TIME: 25 MINS

COOK TIME: 5 HOURS (ON HIGH)

OR 10 HOURS (ON LOW)

+ 20 MINS EXTRA (HIGH)

SERVES 4 (AS LIGHT MEAL)

375ml (1½ cups) Massel Salt-Reduced Vegetable Stock

375ml (1½ cups) water

400g can no added salt chopped tomatoes

1 baby fennel, trimmed, finely chopped

1 red capsicum, finely chopped

2 celery sticks, finely chopped

125ml (½ cup) dry white wine

1 tsp finely grated orange zest

125ml (½ cup) freshly squeezed orange juice

3 green shallots, chopped

1 small fresh red chilli, finely chopped

1 bay leaf

450g skinless and boneless fish fillets, cut into 3cm pieces

225g skinless and boneless salmon fillets, cut into 3cm pieces

Pinch saffron threads

½ cup chopped flat-leaf parsley

Freshly ground black pepper

1 Put the stock, water, tomatoes, fennel, capsicum, celery, white wine, orange zest, orange juice, shallots, chilli and bay leaf in a slow cooker.

2 Cover and cook on low heat setting for 8-10 hours or on high-heat setting for 4-5 hours, or until the vegetables are tender.

3 If using low-heat setting, turn cooker to high-heat setting. Remove and discard the bay leaf. Gently stir in the fish and saffron. Cover and cook for 20 minutes, or until the fish flakes easily when tested with a fork. Stir in parsley and season with pepper. Serve. ➤

NUTRITION INFO **GF** **LC**
PER SERVE 1290kJ, protein 38g, total fat 9g (sat. fat 3g), carbs 11g, fibre 5g, sodium 406mg
•Carb exchanges ½
•GI estimate low
•Gluten free •Lower carb



Hot soup is as comforting as a hug from a friend

slow cooker

NUTRITION INFO

PER SERVE 2040kJ,
protein 28g, total
fat 13g (sat. fat 2g),
carbs 59g, fibre 9g,
sodium 418mg
• Carb exchanges 4
• GI estimate low
• Gluten-free
option



GFO

MADRAS LAMB CURRY

This filling mix of veggies, chickpeas and lamb is just what you need on a cold winter's night.
see recipe, page 38 >>



*You'll
easily keep
the cold at
bay with a
bowl of
goodness
to keep
you warm*

VEGETABLE AND PASTA SOUP

PREP TIME: 20 MINS

COOK TIME: 8 HOURS (LOW)

OR 4 HOURS (HIGH)

+ 45 MINS EXTRA (HIGH)

SERVES 6 (AS A LIGHT MEAL)

400g can cannellini beans,
rinsed and drained
140g (1 cup) frozen
corn kernels
1 large brown onion, chopped
2 carrots, chopped
1 small zucchini, halved, sliced
2 cloves garlic, crushed

3 tsp Massel Salt-Reduced
Vegetable Stock Powder
1.5L (6 cups) boiling water
140g tub no added salt
tomato paste
2 tsp dried mixed herbs, crushed
250g frozen green beans
100g tiny shell macaroni
or gluten-free pasta
2 Tbsp chopped flat-leaf parsley
2 Tbsp finely grated parmesan

1 Put beans, corn, onion, carrots, zucchini and garlic in slow cooker. Stir in combined stock powder and water, tomato paste and herbs.

2 Cover and cook on low-heat setting for 7-8 hours or on high-heat setting for 3½-4 hours.

3 If using low-heat setting, turn to high-heat setting. Stir in the frozen beans and pasta. Cover and cook for 45 minutes.

4 To serve, stir in parsley and top with parmesan.

NUTRITION INFO

PER SERVE 833kJ, protein 9g, total fat 2g (sat. fat 0.5g), carbs 30g, fibre 11g, sodium 180mg

• Carb exchanges 2

• GI estimate low

• Gluten-free option

APRICOT CHICKEN

PREP TIME: 25 MINS

COOK TIME: 9 HOURS (LOW)

OR 4½ HOURS (HIGH)

SERVES 8 (AS A MAIN)

1 Tbsp olive oil
1 kg skinless chicken thigh fillets, trimmed of all fat, halved
4 carrots, diagonally thickly sliced
8 pickling onions, peeled, quartered
125ml (½ cup) salt-reduced chicken stock
80ml (⅓ cup) apricot nectar
60ml (¼ cup) water
60g (¼ cup) St Dalfour Thick Apricot Spread
1 Tbsp cornflour

1 Tbsp Dijon mustard
½ tsp garam masala
100g diced dried apricots
260g (1¼ cups) SunRice Doongara Low GI Brown Rice
70g (½ cup) frozen peas, thawed
2 bunches broccolini, steamed, to serve
Shredded lemon zest, to serve (optional)
Freshly ground black pepper, to serve (optional)

1 Heat the oil in a large non-stick frying pan over medium-high heat. Add half the chicken and cook for 2-3 minutes, turning occasionally, or until well browned. Transfer to slow cooker. Repeat with remaining chicken.

2 Add carrots and onion to the slow cooker. Combine the stock, apricot nectar, water, apricot spread, cornflour, mustard and garam masala in a small bowl. Pour over the chicken with the chopped apricots. Cover and cook on low heat setting for 9 hours or 4½ hours or high heat setting.
3 Combine the rice and peas in a bowl. Serve chicken and vegetables with the rice mixture, drizzling over some of the slow cooker juices. Sprinkle with lemon zest and pepper, if using. ➤

NUTRITION INFO

PER SERVE 1750kJ, protein 31g, total fat 10g (sat. fat 2g), carbs 45g, fibre 10g, sodium 242mg
• Carb exchanges 3
• GI estimate low



slow cooker



SPICED CARROT AND LENTIL SOUP

PREP TIME: 10 MINS

COOK TIME: 3 HOURS (HIGH)

SERVES 4 (AS A LIGHT MEAL)

2 tsp cumin seeds
Pinch chilli flakes
2 Tbsp olive oil
600g carrots, unpeeled, washed, coarsely grated
140g split red lentils
700ml boiling water
1 Massel Salt-Reduced Vegetable Stock Cube
125ml (½ cup) skim milk
⅓ cup low-fat Greek-style natural yoghurt, to serve
2 Tbsp chopped coriander, to serve
2 small naan bread, halved, to serve

1 Place half the cumin seeds, half the chilli flakes, the oil, carrots, lentils, water and stock cube to a slow cooker. Cover and cook on high-heat setting for 3 hours or until the lentils are tender.

2 Dry-fry remaining cumin seeds and chilli flakes until just fragrant.

3 When the lentils are done, stir in the milk.

4 Whizz soup in a food processor until smooth (or leave it chunky if you prefer). Season to taste and finish with a dollop of yoghurt, a little chopped coriander, a sprinkling of reserved toasted spices and warm naan bread.



SLOW-COOKED PORK AND APRICOT STEW

PREP TIME: 20 MINS

COOK TIME: 6 HOURS (LOW)

SERVES 6 (AS A MAIN)

1 Tbsp olive oil
2 large brown onions, finely chopped
800g boneless pork shoulder, trimmed of fat, cut into 4cm pieces
2 tsp ground coriander
1 tsp ground cinnamon
1 tsp ground turmeric
5 pitted prunes, finely chopped
Juice of 1 small lime
2 Tbsp honey
125ml (½ cup) salt-reduced chicken stock or gluten-free chicken stock
125ml (½ cup) water
100g dried apricots

1 bunch coriander, leaves picked, chopped
50g flaked almonds, toasted
600g broccoli, cut into florets, steamed, to serve

1 Put the oil, onion, pork, coriander, cinnamon, turmeric, prunes, lime juice, honey, stock and water in a slow cooker.

2 Cover and cook on low-heat setting for 2 hours. Add apricots. Cover and cook for a further 4 hours.

3 Stir the fresh coriander into the stew. Top with flaked almonds and serve with broccoli.



BEEF AND BARLEY SOUP

PREP TIME: 25 MINS

COOK TIME: 9 HOURS (LOW)

OR 4½ HOURS (HIGH)

SERVES 8 (AS A LIGHT MEAL)

1 Tbsp olive oil
350g beef chuck steak, trimmed of fat, cut into 2½ cm pieces
1.25L (5 cups) salt-reduced vegetable stock
375ml (1½ cups) water
400g can no added salt chopped tomatoes
1 large brown onion, finely chopped
2 parsnips or potatoes, chopped
200g (1 cup) frozen mixed vegetables
130g (¾ cup) pearl barley
1 stalk celery, chopped
1 bay leaf
2 cloves garlic, crushed
1 tsp dried oregano, crushed

Freshly ground black pepper
8 Vita-Weat Lunch Slices, to serve

1 Heat oil in a large non-stick frying pan over medium-high heat. Add the beef and cook for 2-3 minutes, turning often, or until well browned. Drain off fat. Transfer meat to a slow cooker.

2 Add the stock, water, tomatoes, onion, parsnip, frozen vegetables, barley, celery, bay leaf, garlic, oregano and pepper to the slow cooker. Cover and cook on low-heat setting for 9 hours or on high-heat setting for 4½ hours. Remove and discard the bay leaf. Serve with lunch slices.



COCONUT DHAL

PREP TIME: 20 MINS
COOK TIME: 4 HOURS (HIGH)
SERVES 10 (AS A MAIN)

1 Tbsp olive oil
2 large brown onions, chopped
4cm piece ginger, peeled, grated
1 Tbsp ground cumin
1 Tbsp ground coriander
1 Tbsp nigella seeds
(see Cook's Tip, page 29)
1 Tbsp mild curry powder
1 tsp ground turmeric
300g split red lentils
500g chana dahl
(dried split chickpeas)
(see Cook's Tip, page 29)
2 x 400g cans light coconut milk
750ml (3 cups) water
Coriander leaves, to serve
(optional)
5 small naan bread, warmed,
halved, to serve

1 Put the oil, onion, ginger, cumin, coriander, nigella seeds, curry powder, turmeric, lentils, dahl, coconut milk and water in a slow cooker.

2 Cook on high-heat setting for 4 hours or until the lentils are tender. Top with coriander leaves, if desired, and serve with naan bread.



PUMPKIN SOUP WITH THAI GREMOLATA

PREP TIME: 25 MINS
COOK TIME: 4 HOURS (LOW)
OR 2 HOURS (HIGH)
SERVES 4 (AS A LIGHT MEAL)

1 kg butternut pumpkin,
peeled, seeds removed,
cut into 2.5cm pieces
250ml (1 cup) salt-reduced
vegetable stock or
gluten-free stock
185ml (¾ cup) light
coconut milk
125ml (½ cup) water
1 small brown onion,
finely chopped
2 tsp salt-reduced soy
sauce or gluten-free
soy sauce
½-1 tsp Sriracha sauce
(chilli sauce)
1 Tbsp fresh lime juice
Lime wedges, to serve
(optional)

Thai gremolata

½ cup chopped basil or coriander
70g (½ cup) chopped
unsalted peanuts
1 Tbsp grated lime zest ➤



slow cooker

1 Put pumpkin, stock, coconut milk, water, onion, soy sauce and Sriracha sauce in a slow cooker.

2 Cover and cook on low-heat setting for 4 hours or on high-heat setting for 2 hours. Set aside to allow to cool slightly.

3 To make Thai gremolata, combine all the ingredients in a small bowl.

4 Transfer the soup in 2 batches to a blender or food processor. Cover and blend or process until smooth. Stir in the lime juice.

5 To serve, ladle soup into serving bowls. Top with the gremolata, and serve with lime wedges, if using.



MADRAS LAMB CURRY

PREP TIME: 15 MINS

COOK TIME: 6 HOURS (LOW)

SERVES 4 (AS A MAIN)

1 large brown onion, halved, thinly sliced

3 Tbsp Madras curry paste or gluten-free curry paste

NOTE

Inspired by the lamb saag, this curry uses lean lamb steaks cut into chunks. We've swapped the spinach for more robust kale, slow-cooked to tender perfection, and added chickpeas, which count towards your five-a-day.

It's the simple things that bring a goodness that will satisfy

400g can no added salt

chopped tomatoes

2 tsp Massel Salt-Reduced Vegetable Stock Powder

1½ Tbsp red lentils, rinsed and drained

425g can no added salt chickpeas, undrained

1 Tbsp grated ginger

1 tsp cumin seeds

1 cinnamon stick

100g kale leaves, inner core removed, chopped

300g lean lamb leg steaks, fat trimmed, finely chopped

210g (1 cup) SunRice Doongara Low GI Brown Rice, cooked following directions, to serve

1 Put the onion, curry paste, tomatoes, stock powder, lentils, undrained chickpeas, ginger, cumin seeds, cinnamon stick, kale and lamb in a slow cooker. Add one-third of a can of water. Stir. Cover with the lid. (see Cook's Tip)

2 Cook on low-heat setting for 6 hours or until lamb and vegies are tender. Serve with the rice.

COOK'S TIP

You can prepare the recipe to end of Step 1, and place the slow cooker bowl in fridge. Remove in the morning and put on to cook.

6 MUST-KNOW TIPS FOR PERFECT *slow cooking*

1

USE A COOKER WITH HEAT THAT HUGS

Surrounding coils indirectly transfer heat to the inner crock of the slow cooker. Pressure and steam build in the cooker, and the juices that normally flow from ingredients – especially meat – during cooking are held in by that pressure. The result is moist, tender meat and vegies without adding fat and kilojoules.

2

HIGH HEAT = LOW TIMING

For most traditional recipes – roasts, soups and stews – follow this rule of thumb: Cook a recipe on the high-heat setting for half of the low-heat setting timing. Some less-traditional recipes may specifically call for the low- OR high-heat setting only.

3

DON'T START WITH FROZEN UNCOOKED MEAT

Bacteria grow most rapidly in the 4-60°C zone. Frozen meat does not reach a safe temperature fast enough and hovers in the danger zone too long.

4

LAYER IT RIGHT: VEGIES, MEAT, THEN LIQUID

Some vegies cook more slowly than meat in a slow cooker. The fat in meat helps hold heat better so speeds up the cooking process. For the most even cooking of one-dish recipes, place dense veg – roots, celery and corn – on the bottom of the cooker and the meat on top. Tender veg such as zucchini and broccoli is added towards the end of the cook time to prevent a mushy outcome.

5

BROWNING MEAT FIRST = MORE FLAVOUR

While it's not necessary to brown meat before placing it in the slow cooker, it's worth it if you have time. The caramelised meat adds more flavour and colour to your finished recipe.

6

USE THE AMOUNT OF LIQUID THE RECIPE CALLS FOR

Some recipes may call for a small amount of liquid. Don't add more. Meat and vegies all give up juices as they cook. You will have more liquid in your cooker at the end of the cook time.



TEST YOUR OLD SLOW COOKER

If your slow cooker has been around for a while and you wonder if it's still heating accurately, try this test:

Fill your slow cooker $\frac{1}{2}$ – $\frac{2}{3}$ full with water. Turn on your cooker and set it to the low-heat setting.

Heat the water for 8 hours. Check the water temperature with a food thermometer. The water should be about 85°C.

If the temperature is lower, it's time to replace your cooker. ■

Finish *fresh*

LEAFY GREENS

When **spinach** leaves are used to top hot foods, they quickly soften and turn emerald green, making them a gorgeous garnish for slow-cooked soups and casseroles. The leaves of nutritious **rocket**, **silverbeet**, **chard** and **kale** perform the same trick. Be sure to add them to the dish last minute.

FRESH HERBS

A sprinkling of fat-free chopped fresh green herbs – especially **basil**, **chives**, **dill**, **parsley**, **mint** and **thyme** – brings a delicious garden-fresh flavour to soups, stews, casseroles and meat dishes.

GREMOLATA

Five minutes is all it takes to make this bright, sunny Italian topper. In a small bowl combine the finely shredded zest of 1 **lemon**, 1 clove **garlic**, crushed, 2 Tbsp chopped **flat-leaf parsley** and 1 tsp **olive oil**. Sprinkle the gremolata onto slow-cooked meat or potato dishes.





Take slow-cooked fare to wholesome new heights with bright and spunky toppers for side dishes, soups, salads and meats. These fresh garnishes enhance flavour and texture, and boost nutrition!

SALSA FRESCA

Spicy, slow-cooked Mexican-style casseroles, soups and stews benefit from a generous crown of fresh salsa. In a bowl combine 4 deseeded and chopped **tomatoes**, 1 finely chopped small **red onion**, $\frac{1}{4}$ cup chopped **coriander** and 1 deseeded and finely chopped small **red chilli**. Season with freshly ground **black pepper**.

FRUIT SALSA

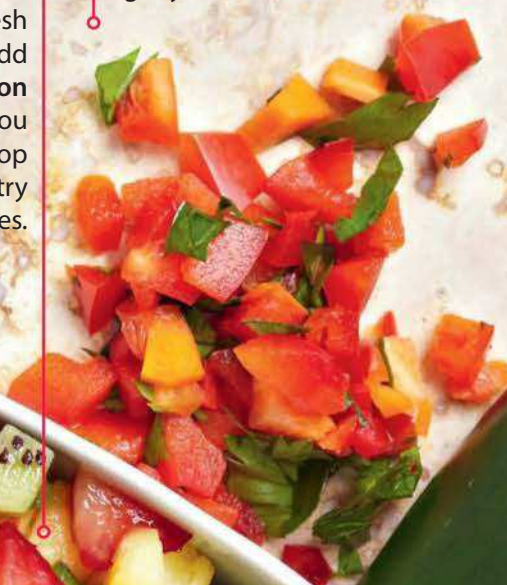
You don't even need a recipe to whip up a batch of this terrific topper. Just combine chopped fresh fruit, such as **pineapple**, **strawberries** and **kiwifruit**, with **lime juice** and a bit of finely chopped fresh **chilli** to taste. Add chopped **red onion** and **capsicum** if you like. Use it to top slow-cooked poultry and meat dishes.

VEGIE CONFETTI

Pep up the colour, crunchy texture and nutritional content of any slow-cooked casserole with this fat-free eye candy. To prepare, simply chop equal amounts of **red capsicum**, **carrot** and **flat-leaf parsley**, then toss lightly.

CHILLIES

Super-thin slices of fresh **chilli** bring pizzazz to mellow slow-cooked dishes. Use them judiciously to float on soups, stud stews and even embellish casseroles and meat dishes. To reduce the spiciness factor, use a paring knife to remove the seeds and membranes before using. ■





GO FOR *yoghurt*

Turn your slow cooker into a yoghurt maker then add some wow with these toppings

HOMEMADE YOGHURT

PREP TIME: 5 MINS
(+ OVERNIGHT STANDING)
COOK TIME: 3 HOURS
SERVES 6 (AS A SNACK)

1L (4 cups) skim milk
200g natural yoghurt

1 Pour milk into a slow cooker. Cover and heat on high-heat setting for 2-3 hours, until the temperature reaches 82°C on a thermometer. Turn off the slow cooker and leave the thermometer in. Set aside until the temperature drops down to 43°C.

2 Take a cupful of warm milk and mix in small bowl with yoghurt. Pour yoghurt mixture back into slow cooker and stir really well. Cover with lid. Wrap in clean tea towel. Leave overnight (for at least 10 hours) or until mixture has set. Transfer to a container and put in the fridge to chill.

NUTRITION INFO **GF**

PER SERVE 392kJ, protein 8g,
total fat 1g (sat. fat 1g), carbs 13g,
fibre 0g, sodium 105mg
• Carb exchanges 1 • GI estimate low
• Gluten free

PISTACHIO AND APRICOT TOPPING

PREP TIME: 10 MINS
(+ 15 MINS COOLING)
COOK TIME: 10 MINS
SERVES 6 (AS A TOPPING/SNACK
WITH YOGHURT)

2 Tbsp rolled oats
20g unsalted shelled pistachio
nuts, coarsely chopped
1 Tbsp chia seeds
2 tsp honey
2 tsp light olive oil
Pinch ground cinnamon
1½ Tbsp chopped dried apricots

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper.

2 Combine oats, nuts and seeds in large bowl. Place honey in small microwave-safe bowl. Cook on high/100% for 10 seconds. Whisk in oil and cinnamon. Pour honey mixture over oats. Toss to coat. Spread over lined tray.

3 Bake for 10 minutes, stirring once, or until golden brown. Stir in apricots. Set aside to cool.

4 Break larger pieces up and transfer to an airtight container. Store for up to 2 weeks in the fridge.



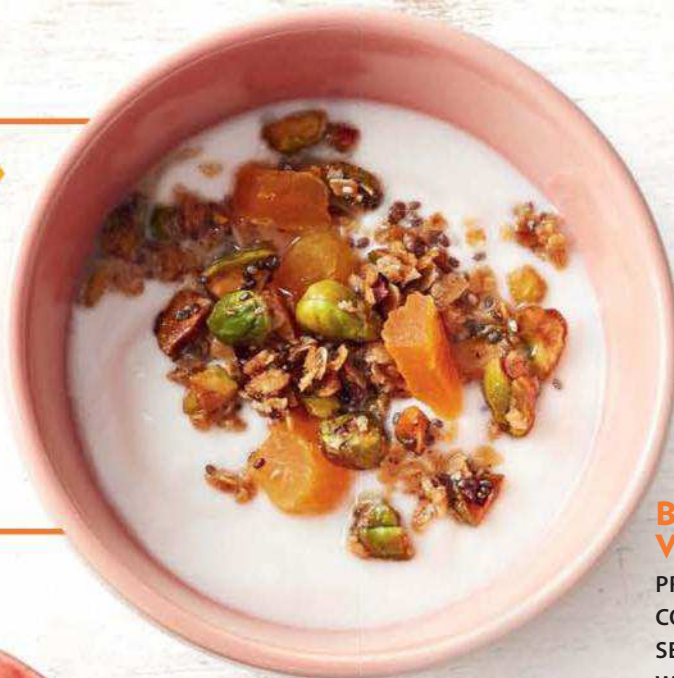
Cook's Tip

To make Greek yoghurt, transfer to a sieve lined with a double layer of muslin or paper towel and set over a bowl. Drain the yoghurt for 6-8 hours, or overnight until it reaches the desired consistency. The longer you let it stand, the thicker the yoghurt will be. You can use the whey liquid in the bowl for smoothies or baking.

PISTACHIO AND APRICOT TOPPING

NUTRITION INFO

PER SERVE 285kJ, protein 2g, total fat 4g (sat. fat 1g), carbs 5g, fibre 2g, sodium 2mg
 • Carb exchanges ½
 • GI estimate low



BLUEBERRY AND VANILLA TOPPING

PREP TIME: 5 MINS

COOK TIME: 10 MINS

SERVES 6 (AS A TOPPING/SNACK WITH YOGHURT)

½ vanilla bean
 2 Tbsp sugar or granulated sugar substitute
 ½ tsp cornflour or gluten-free cornflour
 60ml (¼ cup) water
 1½ cups blueberries
 ½ tsp finely grated lemon zest



ORANGE, CUCUMBER AND GINGER TOPPING GF

NUTRITION INFO

PER SERVE 195kJ, protein 1g, total fat 0g (sat. fat 0g), carbs 10g, fibre 2g, sodium 8mg • Carb exchanges ½
 • GI estimate low • Gluten free

ORANGE, CUCUMBER AND GINGER TOPPING

PREP TIME: 10 MINS | SERVES 6
 (AS A TOPPING/SNACK WITH YOGHURT)

2 oranges, skin and white pith removed, flesh chopped
 1 small Lebanese cucumber, chopped
 2 Tbsp crystallised ginger, finely chopped
 2 tsp finely chopped mint

1 Combine all the ingredients in a small bowl.

1 Split the vanilla bean in half lengthways. Using the tip of a small, sharp knife, scrape out the tiny seeds. Combine the vanilla seeds and pod, sugar and cornflour in a medium saucepan. Stir in the water.

2 Cook, stirring, over medium-high heat until mixture begins to boil. Add blueberries. Boil for 1 minute, stirring constantly. Remove and discard vanilla pod. Remove pan from heat. Stir in lemon zest. Set aside to cool. ■



BLUEBERRY AND VANILLA TOPPING GFO

NUTRITION INFO

PER SERVE (with sugar) 178kJ, protein 0g, total fat 0g (sat. fat 0g), carbs 10g, fibre 1g, sodium 0mg
 • Carb exchanges ½ • GI estimate medium
 • Gluten-free option

PER SERVE (with sugar substitute) 97kJ, protein 0g, total fat 0g (sat. fat 0g), carbs 5g, fibre 1g, sodium 0mg • Carb exchanges ½
 • GI estimate low • Gluten-free option

How our
food works
for you
see page 90

NUTRITION INFO

PER SERVE 922kJ,
protein 23g, total fat
10g (sat. fat 2g), carbs 5g,
fibre 6g, sodium 229mg
• Carb exchanges ½
• GI estimate low
• Gluten-free option
• Lower carb

GFO LC

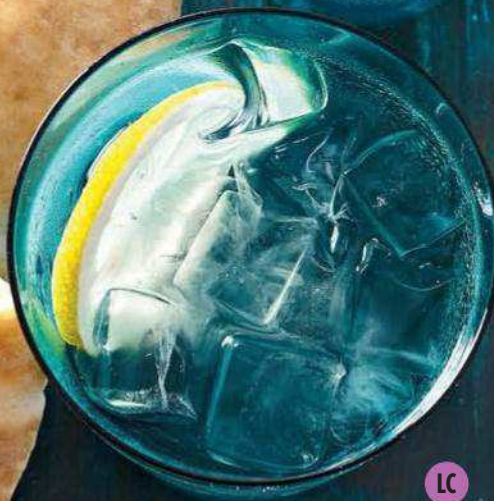
**THAI CHICKEN
WINGS WITH
PEANUT SAUCE**

Put on your best Thai
for this lunch.
see recipe, page 49 >>

recipe, page xx >>

lunch at **LEISURE**

Tempting and tasty meals you
can make in advance with ease

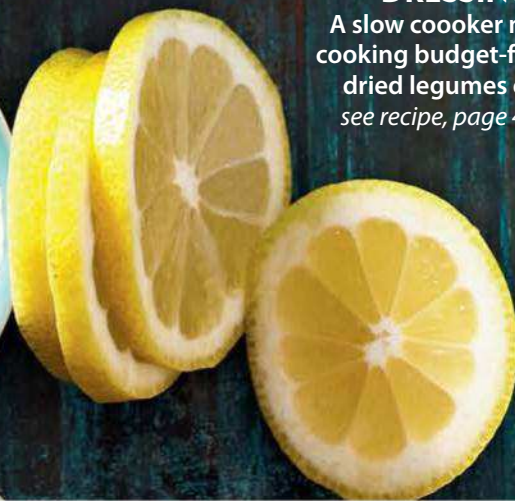


LC

CHICKPEA AND VEGIE PITAS WITH CREAMY AVOCADO DRESSING

A slow cooker makes
cooking budget-friendly
dried legumes easy.
see recipe, page 49 >>

NUTRITION INFO
PER SERVE 807kJ,
protein 9g, total
fat 4g (sat. fat 1g),
carbs 26g, fibre 7g,
sodium 182mg
• Carb exchanges 1½
• GI estimate medium
• Lower carb



slow cooker

SPINACH, MUSHROOM AND BACON QUICHE

PREP TIME: 20 MINS

(+ 30 MINS STANDING)

COOK TIME: 2 HOURS 45 MINS (LOW)

SERVES 8 (AS A LIGHT MEAL)

1 Tbsp olive oil
200g mushrooms, chopped
1 small capsicum, chopped
300g pkt frozen chopped spinach, thawed, drained, excess moisture squeezed out
90g (¾ cup) shredded Swiss cheese
75g (½ cup) plain flour
¾ tsp baking powder
8 x 60g eggs, lightly whisked
500ml (2 cups) low-fat milk
2 Tbsp chopped chives
Freshly ground black pepper
4 slices Weight Watchers 98% fat free bacon, chopped
2 cups garden salad, per person, to serve

1 Line the base of a slow cooker with a piece of baking paper. Spray the base and side of slow cooker with cooking spray.

2 Heat the oil in a medium non-stick frying pan over a medium-high heat. Add the mushrooms and capsicum and cook, stirring occasionally, for 4-5 minutes or until the mushrooms soften. Remove pan from the heat and stir in spinach and cheese. Set aside for 10 minutes to cool slightly. Stir in flour and baking powder.

3 Whisk the eggs, milk, chives and pepper in a medium bowl. Stir in the mushroom mixture. Pour mixture into the lined slow cooker. Cover and cook on low-heat setting for 2-2½ hours - sprinkling the bacon over the top after 1 hour of cooking - or until a knife inserted into the centre comes out clean. Turn off the cooker. Set the quiche aside in the cooker for 30 minutes.

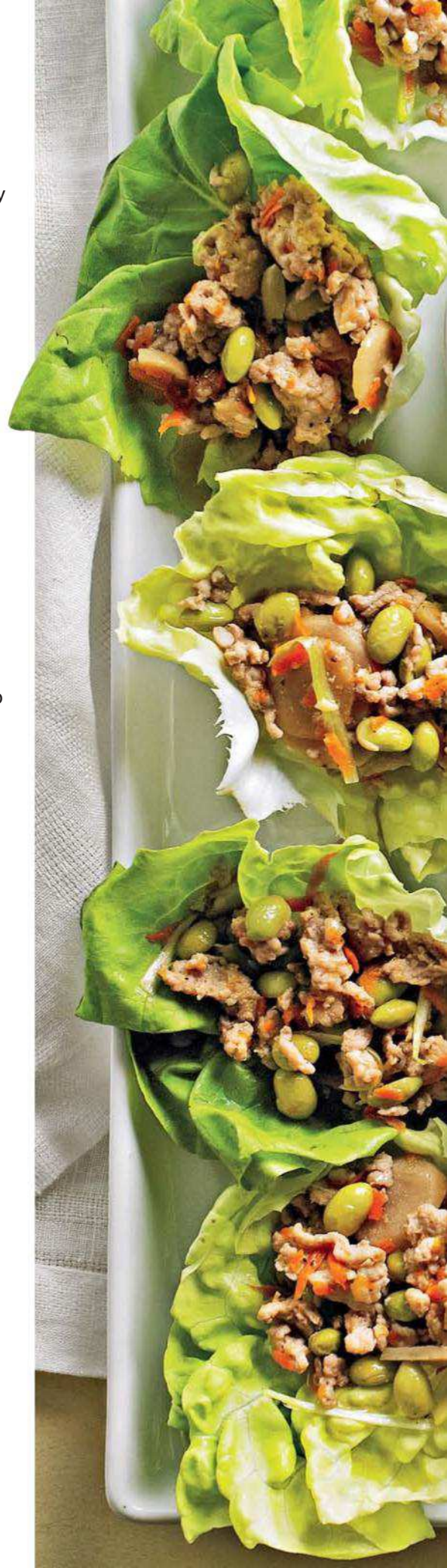
4 Use a knife to loosen the edge of the quiche. Carefully lift the quiche from the cooker. Transfer quiche to a cutting board and cut into slices. Serve with salad.

NUTRITION INFO

PER SERVE 1190kJ, protein 20g, total fat 15g (sat. fat 5g), carbs 14g, fibre 6g, sodium 417mg
• Carb exchanges 1
• GI estimate low
• Lower carb

Top Tip

Doesn't matter what shape your slow cooker is, this recipe will work well in all types - just remember to line the base to make it easy to get out.





ASIAN CHICKEN LETTUCE WRAPS

PREP TIME: 25 MINS

COOK TIME: 5 HOURS (LOW)

OR 2 HOURS 30 MINS (HIGH)

SERVES 6 (AS A LIGHT MEAL)

- 900g lean chicken breast mince
- 3 green shallots
- 225g can water chestnuts, drained, chopped
- 1 large carrot, finely grated
- 380g (2 cups) frozen, shelled edamame
- 1 Tbsp salt-reduced soy sauce
- 1 tsp hot mustard powder mixed with 1 Tbsp water
- 2 tsp teriyaki sauce
- 1 tsp rice vinegar
- Freshly ground black pepper
- 400ml salt-reduced chicken stock
- 2 Tbsp hoisin sauce
- 12 butter lettuce leaves or iceberg lettuce
- Sesame seeds, to serve (optional)
- Chilli sauce, to serve (optional)

1 Spray a large non-stick frying pan with cooking spray. Heat over medium-high heat. Add the chicken mince and cook, stirring often, for 3-4 minutes or until browned.

2 Thinly slice the white part of the green shallots and cut the green parts into slivers. Put the chicken mince, white parts of green shallots, water chestnuts, carrot, edamame, soy sauce, mustard, teriyaki sauce, vinegar and pepper in a slow cooker. Add the stock. Cover and cook on low-heat setting for 5 hours or high-heat setting for 2½ hours.

3 Strain mixture, discarding the cooking liquid. Stir in the hoisin sauce. Spoon mixture into lettuce leaves. Serve with green shallot slivers, sesame seeds and chilli sauce, if using. ➤

NUTRITION INFO

PER SERVE 1130kJ, protein 41g, total fat 6g (sat. fat 1g), carbs 9g, fibre 5g, sodium 564mg

- Carb exchanges ½
- GI estimate low
- Lower carb

LC

slow cooker

BARBECUED PULLED PORK SLIDERS

PREP TIME: 30 MINS

COOK TIME: 10 HOURS (LOW)

OR 5 HOURS (HIGH)

+ 1 HOUR EXTRA (LOW)

SERVES 20 (1 SLIDER EACH,

AS LIGHT MEAL)

1 large brown onion, chopped
1 large green capsicum, chopped
1.25kg boneless pork shoulder,
trimmed of fat
1 tsp dried thyme leaves
½ tsp dried rosemary leaves
125ml (½ cup) salt-reduced
chicken stock
20 x 30g dinner rolls, split
and toasted (see Cook's Tip)
¼ cup bought coleslaw,
per roll, to serve
200g sliced dill pickles, divided
between rolls, to serve

Barbecue sauce

250ml (1 cup) balsamic vinegar

185ml (¾ cup) salt-reduced
tomato sauce

80g (⅓ cup) brown sugar

60ml (¼ cup) honey

1 Tbsp Worcestershire sauce

1 Tbsp Dijon mustard

1 clove garlic, crushed

½ tsp freshly ground black pepper

1 Put the onion and capsicum in a slow cooker. Top with the pork and sprinkle with thyme and rosemary. Pour over the stock. Cover and cook on low-heat setting for 10 hours or on high-heat setting for 5 hours or until the pork is very tender.

2 Meanwhile, to make the barbecue sauce, put the vinegar, tomato sauce, brown sugar, honey, Worcestershire sauce, mustard,

garlic and pepper in a medium saucepan. Bring to the boil over high heat. Reduce heat to medium and simmer, uncovered, stirring occasionally, for 20-25 minutes or until slightly thickened.

3 Transfer the pork to a board. Using 2 forks, pull the meat apart into shreds, discarding any fat. Strain vegetable mixture, discarding the liquid. Return shredded meat and strained vegetables to the slow cooker. Stir in the barbecue sauce. If using high-heat setting, turn cooker to low-heat setting. Cover and cook for 1 hour.

4 Serve meat mixture in the buns with coleslaw and pickles.

COOK'S TIP

To boost the fibre, use wholegrain dinner rolls.

NUTRITION INFO

PER SERVE 1100kJ,
protein 17g, total fat
5g (sat. fat 1g), carbs
36g, fibre 3g, sodium
477mg • Carb
exchanges 2½
• GI estimate
medium





THAI CHICKEN WINGS WITH PEANUT SAUCE

PREP TIME: 25 MINS

COOK TIME: 6 HOURS (LOW)

OR 3 HOURS (HIGH)

SERVES 12 (2 WINGS EACH, AS A LIGHT MEAL)

24 chicken drumettes, skin removed (see Cook's Tip)
60ml (¼ cup) water
1 Tbsp fresh lime juice
¼ tsp ground ginger
150g chopped vegies (such as broccoli, cauliflower and carrot), per person, steamed, to serve

Peanut sauce

125g (½ cup) smooth no-added salt or sugar peanut butter
125ml (½ cup) water
2 Tbsp salt-reduced soy sauce or gluten-free soy sauce
2 cloves garlic, crushed
½ tsp ground ginger
Pinch chilli flakes

1 Put the chicken, water, lime juice and ginger in a slow cooker. Cover and cook on low-heat setting for 6 hours or high-heat setting for 3 hours.

2 Meanwhile, to make the peanut sauce; put all the ingredients in a small saucepan. Whisk over medium heat until well combined.

3 Drain the chicken, discarding the cooking liquid. Toss the chicken with half of the peanut sauce. Serve immediately or return to the slow cooker and keep warm, covered, on low-heat setting for up to 1 hour. Serve with the remaining peanut sauce

(whisking sauce before serving) and steamed vegetables.

COOK'S TIP

Chicken drumettes are available at chicken shops or the deli section of the supermarket.



CHICKPEA AND VEGIE PITAS WITH CREAMY AVOCADO DRESSING

PREP: 20 MINS

COOK TIME: 9 HOURS (LOW)

OR 4½ HOURS (HIGH)

SERVES 8 (AS A LIGHT MEAL)

450g dried chickpeas, rinsed and drained
1.75L (7 cups) water
1 large brown onion, quartered
4 cloves garlic, crushed
2 cups chopped spinach
1 cup halved cherry tomatoes
4 green shallots, sliced
4 pita bread rounds, halved crossways and warmed

Creamy avocado dressing

½ avocado, peeled, chopped
130g (½ cup) fat-free Greek-style natural yoghurt
1 tsp red wine vinegar
½ cup chopped basil
¼ cup chopped chives

1 Put the chickpeas in a slow cooker. Add the water, onion and 3 garlic cloves. Cover and cook on low-heat setting for 9 hours or high-heat setting for 4½ hours, or until tender. Drain and rinse the beans. Cool. Discard the onion and garlic. Reserve half



Cook's Tip

To freeze remaining cooked chickpeas, scatter loosely into a baking dish and freeze until firm. Transfer to a freezer bag. Seal and freeze for up to 3 months. To boost the fibre, replace the white pita rounds with wholemeal.

the cooked chickpeas for another use (see Cook's Tip).

2 To make creamy avocado dressing, put avocado, yoghurt, vinegar and remaining garlic in a food processor. Cover and process until smooth. Add basil and chives. Cover and process until combined.
3 Put the remaining cooked chickpeas, spinach, tomatoes and shallots in a large bowl. Toss to combine. Spoon mixture evenly between pita halves. Spoon over the dressing and serve. ■

The chickpeas in these pitas are as filling as meat

Sweet & Slow

Cosy up to winter with these delicious and simple desserts



GFO

FRUIT COMPOTE WITH GINGER

Flaked coconut and nuts on top this easy-to-make and so-delicious dessert. [see recipe, page 54 >>](#)

NUTRITION INFO

PER SERVE (with sugar) 574kJ, **protein** 2g, **total fat** 4g (sat. fat 1g), **carbs** 20g, **fibre** 4g, **sodium** 8mg
• Carb exchanges 1½
• GI estimate low
• Gluten-free option

PER SERVE (with sugar substitute) 546kJ, **protein** 2g, **total fat** 4g (sat. fat 1g), **carbs** 18g, **fibre** 4g, **sodium** 8mg
• Carb exchanges 1
• GI estimate low
• Gluten-free option

How our
food works
for you
see page 90

NUTRITION INFO

PER SERVE (with sugar) 830kJ,
protein 6g, total fat 13g (sat. fat
8g), carbs 15g, fibre 1g, sodium
144mg • Carb exchanges 1
• GI estimate medium

PER SERVE (with sugar
substitute) 791kJ, protein 6g,
total fat 13g (sat. fat 8g), carbs
10g, fibre 5g, sodium 145mg
• Carb exchanges ½
• GI estimate medium



GINGER ORANGE CHEESECAKE

Cheesecake in a
slowcooker? Really? Yes!
And you'll love this
tangy, creamy treat.
see recipe, page 54 >>

slow cooker

LEMON BERRY PUDDING CAKE

PREP TIME: 20 MINS

COOK TIME: 3 HOURS

SERVES 6

(AS AN OCCASIONAL DESSERT)

125g punnet blueberries
and/or raspberries

110g (½ cup) sugar,
plus extra 1 Tbsp

40g (¼ cup) plain flour

Zest of 1 lemon

60g light margarine

3 x 60g eggs, at room
temperature, separated
250ml (1 cup) skim milk
3 Tbsp fresh lemon juice

1 Spray a small slow cooker
with cooking spray. Sprinkle
berries over base of slow cooker
and sprinkle with 1 Tbsp sugar.

2 Combine ½ cup sugar, the
flour and lemon zest in a
medium bowl. Add margarine
and egg yolks. Beat on low
speed to combine. Add milk

and lemon juice. Beat until
well combined.

3 Wash and dry beaters.

Using electric beaters whisk egg
whites in a medium bowl until
soft peaks form. Fold egg whites
into batter until combined.

4 Carefully pour batter
over the berries in the cooker,
spreading out evenly. Cover
and cook on high-heat setting
for 2½-3 hours or until cooked.
Set aside for 10 minutes
before serving. ➤



*Berries and
lemon make
for a perfect
pudding*

NUTRITION INFO

PER SERVE 864kJ,
protein 6g, total
fat 7g (sat. fat 2g),
carbs 30g, fibre 1g,
sodium 103mg
• Carb exchanges 2
• GI estimate
medium

**FUDGY
BROWNIES WITH
STRAWBERRIES**

This chocolate dessert is
the ideal cool-weather treat.
see recipe, page 55 >>

NUTRITION INFO

PER SERVE (with sugar)
724kJ, protein 4g, total fat 6g
(sat. fat 2g), carbs 27g,
fibre 1g, sodium 52mg
• Carb exchanges 2
• GI estimate medium

PER SERVE (with sugar
substitute) 691kJ, protein
4g, total fat 6g (sat. fat
2g), carbs 23g, fibre 5g,
sodium 52mg
• Carb exchanges 1½
• GI estimate medium

slow cooker



FRUIT COMPOTE WITH GINGER

PREP TIME: 15 MINS
COOK TIME: 6-8 HOURS (LOW)
OR 3-4 HOURS (HIGH)
SERVES 12 (AS A DESSERT)

3 medium ripe yet firm pears, peeled, core removed, cut into 5cm pieces
450g can pineapple chunks in natural juice, undrained
140g (¾ cup) dried apricots, quartered
60ml (¼ cup) fresh orange juice
2 Tbsp brown sugar or granulated sugar substitute
1 Tbsp cornflour or gluten-free cornflour
½ tsp ground ginger
300g (2 cups) frozen pitted dark sweet cherries, defrosted
15g (¼ cup) flaked coconut, toasted (see Cook's Tip)
45g (¼ cup) macadamia nuts or pecans, chopped and toasted (see Cook's Tip)

1 Put pears, pineapple, apricots, orange juice, sugar, cornflour and ginger in a slow cooker.

2 Cover and cook on low-heat setting for 6-8 hours, or for 3-4 hours on high-heat setting. Stir in cherries. Set aside for 5 minutes.

3 To serve, top each serving with flaked coconut and nuts.

COOK'S TIP

You can toast the coconut and nuts on a baking tray in an oven preheated to 170°C (fan-forced) for 5-8 minutes, stirring once, or until lightly toasted.



GINGER ORANGE CHEESECAKE

PREP TIME: 25 MINS
(+ 1 HOUR 45 MINS COOLING
AND 4 HOURS CHILLING)
COOK TIME: 2 HOURS
SERVES 12
(AS AN OCCASIONAL DESSERT)

625ml (2½ cups) warm water
340g light cream cheese, at room temperature
110g (½ cup) caster sugar or granulated sugar substitute
1 tsp finely grated orange zest
2 Tbsp fresh orange juice
1 Tbsp plain flour
½ tsp vanilla essence
¼ tsp ground ginger
125g (½ cup) light sour cream
3 x 60g eggs, lightly whisked
2 blood oranges, skin and white pith removed, sliced

1 Lightly coat the bottom and side of an 18cm (base measurement) springform tin with cooking spray. Loosely

crumple three pieces of foil into 5cm balls. Place in a round slow cooker (see Cook's Tip). Pour water into cooker with the foil balls. Set aside.

2 Using electric beaters beat the cream cheese, sugar, orange zest, orange juice, flour, vanilla essence and ginger on medium speed until combined. Add sour cream and beat until smooth. Add eggs and beat on low speed until just combined. Pour filling into springform tin. Cover with foil. Place tin on top of foil balls in slow cooker.

3 Cover and cook on high-heat setting for 2 hours, or until centre of cheesecake is set. Cool in tin on a wire rack for 15 minutes. Using a small metal spatula, loosen cheesecake from sides of tin. Set aside for 30 minutes.

4 Remove sides of tin and set aside on a wire rack for about 1 hour or until completely cool. Cover loosely with plastic wrap and place in fridge for at least 4 hours, to chill. To serve, top with orange slices.

COOK'S TIP

Before you embark on this recipe, first check to make sure that your springform tin fits inside your slow cooker.

All-in-one cookers

Also on the market, all-in-one cookers come in a variety of brands and functions with just the touch of a button. These functions commonly include rice, porridge, risotto, sauté, soups, pressure and slow cooking. Some all-in-one cookers have the option of a low- and high-heat slow cook, and if you are buying one of these, this feature is the one to look for. They can cook quicker than a normal slow cooker – so you may need to adjust the times accordingly.

You may find it's best to cook on a low-heat setting for baking and desserts that require a high-heat setting in a regular slow cooker. The best thing to do would be to look at a similar recipe in the recipe booklet that comes with your cooker.



FUDGY BROWNIES WITH STRAWBERRIES

PREP TIME: 15 MINS

(+ 30 MINS COOLING)

COOK TIME: 2½ HOURS

MAKES 24 PIECES (2 PER SERVE
AS AN OCCASIONAL DESSERT)

500ml (2 cups) warm water
60g light margarine
60g dark chocolate
2 x 60g eggs, lightly whisked
110g (½ cup) sugar or
granulated sugar substitute
80g (⅓ cup) St Dalfour 100%
raspberry spread
60g (¼ cup) unsweetened
apple puree
1 tsp vanilla essence
115g (¾ cup) plain flour
¼ tsp baking powder
170g (⅔ cup) vanilla frûche
250g punnet strawberries,
hulled and sliced,
to serve

1 Spray a 1L (4 cup) rectangular heatproof dish with cooking spray (see Cook's Tip). Crumple three pieces of foil up into balls and then place into slow cooker. Pour in water.

2 Put margarine and chocolate in a medium saucepan. Cook over low heat, stirring, until mixture melts. Remove pan from heat and stir in eggs, sugar, raspberry spread, apple puree and vanilla essence. Then stir in flour and baking powder.

3 Pour batter into prepared dish. Cover dish tightly with foil. Place

in slow cooker on top of foil balls.

4 Cover and cook on high-heat setting for 2½ hours or until a skewer inserted into the middle comes out almost clean (it will be a little sticky still). Transfer dish to a wire rack to cool for 30 minutes.

5 Cut brownies into 24 pieces. Serve with frûche and strawberries.

COOK'S TIP

Before beginning this recipe, first check to make sure your heatproof dish fits inside your slow cooker. ■



Cook's Tip

If cooking in an all-in-one cooker (with different settings that include a slow cooker setting) you will need to cook on a low-heat setting, not high heat. For more information see note, opposite.

In association with Spud Lite

How our
food works
for you
see page 90

NUTRITION INFO

PER SERVE 1400kJ,
protein 33g, total fat
12g (sat. fat 5g),
carbs 18g, fibre 8g,
sodium 208mg

- Carb exchanges 1
- GI estimate medium
- Gluten-free option
- Lower carb

GFO

LC



Spice to savour

Vibrant colours and flavours make for a mouthwatering meal

BEEF AND POTATO CURRY

PREP TIME: 20 MINS

COOK TIME: 1 HOUR 40 MINS

SERVES 4 (AS A MAIN)

600g gravy beef, trimmed of fat, cut into 2cm pieces
2 tsp garam masala
1 tsp ground cinnamon
2 cloves garlic, crushed
2 tsp olive oil
6 cardamom pods, crushed
1 cinnamon stick
165ml can light coconut milk

125ml (½ cup) salt-reduced beef stock or gluten-free stock
125ml (½ cup) water
500g *Spud Lite Potatoes*, cut into small chunks
2 carrots, cut into small chunks
100g green beans, diagonally halved
200g broccoli, cut into small florets
2 tsp brown sugar
Coriander leaves, to serve (optional)

1 Toss the beef, garam masala, ground cinnamon and garlic in a medium bowl. Heat the olive oil in a medium heavy-based

saucepan over medium heat. Add the beef and cook, stirring, for 2 minutes or until it changes colour.

2 Add the cardamom pods, cinnamon stick, coconut milk, stock, water, potatoes and carrots to the pan. Cover and bring to a simmer over medium heat. Reduce heat to low and simmer, covered, for 1¼-1½ hours or until the beef is very tender.

3 Stir the beans, broccoli and sugar into beef. Cover and cook for a further 5 minutes. To serve, top with coriander leaves (if using). ■

Lower-carb eating JUST GOT EASIER

If you're a potato lover you might have been giving spuds a miss – worried they were too high in carbs. Good news! Spud Lite is a new potato that has 25 per cent less carbs than an average potato.

Spud Lite is a golden, creamy potato that's bursting with nutrition, is super tasty and incredibly easy to prepare. Providing a light, creamy and non-earthy flavour when mashed, and a crisp, crunchy, soft pillow texture when roasted or fried, Spud Lite's versatility makes it the complete all-rounder.

Grown in South Australia, this potato variety has come from natural cross pollination without any genetic modification. The growing period is 20-30 per cent shorter than most other varieties, which

means it needs less maintenance and feeding. It has also consistently shown that it has a longer shelf life than many other popular potato varieties – meaning less greening and less wastage.

A further addition to the Spud Lite family is the small version packed with the same amount of nutrition and taste, the Baby Spud Lite.

Baby Spud Lite, like Spud Lite, is 25 per cent lower in carbs than the average potato and is perfect to use in your favourite potato recipes.





eat your ATS

This pantry staple is not only versatile; the whole grain brings a bounty of health benefits to the table. Oats are low GI and are rich in beta-glucan, a soluble fibre that can help reduce blood cholesterol levels



OAT BRAN

Made from the outer layers of the grain, fine-texture oat bran is a great source of fibre.

Add it to recipes or sprinkle over your cereal or yoghurt.

Unlike the other oats, oat bran is not a whole grain as it doesn't contain the germ and endosperm.

OAT AND POPPY SEED WAFFLES WITH CITRUS SYRUP

Fresh and light, you'll want to share these with friends over brunch at your place.

see recipe, page 64 >>

How our
food works
for you
see page 90

NUTRITION INFO

PER SERVE 937kJ, protein 6g, total fat 9g (sat. fat 1g), carbs 27g, fibre 3g, sodium 93mg • Carb exchanges 2
• GI estimate medium

basics

CHERRY BERRY SMOOTHIE

PREP TIME: 5 MINS (+ 5 MINS COOLING)

COOK TIME: 5 MINS

SERVES 3 (AS A SNACK)

125ml (½ cup) water
35g (⅓ cup) quick-cooking oats
125ml (½ cup) unsweetened almond milk or skim milk
80g (¾ cup) fresh or frozen strawberries, partially thawed
60g (½ cup) frozen pitted cherries, partially thawed
1 Tbsp Bega Almond Spread
1 Tbsp honey
½ cup small ice cubes

1 Combine the water and oats in a medium microwave-safe dish. Microwave on high/100% for 1 minute. Stir in 60ml (¼ cup) of the milk. Cook on high/100% for 30-50 seconds or until the oats are very tender. Set aside to cool for 5 minutes.

2 Put the oat mixture, strawberries, cherries, almond spread, honey and remaining milk in a blender. Cover and blend until smooth, scraping down the side, when needed. Add the ice cubes, cover and blend until smooth.

3 Pour the smoothie between serving glasses. Serve.

NUTRITION INFO

PER SERVE 585kJ, protein 2g, total fat 5g (sat. fat 1g), carbs 20g, fibre 3g, sodium 41mg • Carb exchanges 1½
• GI estimate low

INSTANT/QUICK ROLLED OATS

Old-fashioned oats are cut even finer to get instant or quick oats. They cook in about 3 minutes. The texture changes, but they still add a punch of fibre and energy to your recipes.



OLD-FASHIONED ROLLED OATS

Trade your quick/instant oats for rolled oats, they still cook relatively quickly but with the added bonus of being low GI to help avoid spikes in your blood glucose levels.

NUTRITION INFO

PER SERVE (with sugar) 835kJ, **protein** 6g, **total fat** 8g (sat. fat 1g), **carbs** 25g, **fibre** 3g, **sodium** 108mg
• Carb exchanges 1½
• GI estimate medium

PER SERVE (with sugar substitute) 752kJ, **protein** 6g, **total fat** 8g (sat. fat 1g), **carbs** 20g, **fibre** 3g, **sodium** 108mg
• Carb exchanges 1½
• GI estimate medium

RHUBARB AND OAT MUFFINS

PREP TIME: 20 MINS

COOK TIME: 20 MINS

MAKES 12 MUFFINS (1 PER SERVE, AS AN OCCASIONAL SNACK)

165g (1¾ cups) rolled oats
120g (¾ cup) wholemeal plain flour
75g (½ cup) plain flour
1 tsp baking powder
½ tsp bicarbonate of soda
80g (½ cup) brown sugar or granulated sugar substitute, plus extra 1 Tbsp brown sugar
250ml (1 cup) buttermilk
2 x 60g eggs, lightly whisked
2 Tbsp canola oil
1 tsp vanilla essence
100g (1 cup) finely chopped rhubarb

½ tsp ground cinnamon
30g (¼ cup) chopped walnuts

1 Preheat oven to 180°C (fan-forced). Line 12 x 125ml (½ cup) non-stick muffin pans with paper cases. Spray cases with cooking spray.
2 Place ¾ cup of the oats in a food processor. Cover and process until finely ground. Transfer to a large bowl. Add the flours, baking powder, bicarbonate of soda, sugar and another ¾ cup of the oats. Stir until well combined. Make a well in centre.
3 Whisk the buttermilk, eggs, oil and vanilla essence in a bowl. Stir in the rhubarb. Add the rhubarb mixture all at once to the flour mixture. Stir until just moistened (the batter should be slightly

lumpy). Spoon mixture evenly between the cases, filling each about three-quarters full.

4 Combine the 1 Tbsp brown sugar, cinnamon, walnuts and remaining oats in a small bowl. Sprinkle the mixture over the batter. Bake for 20 minutes or until a skewer inserted into the muffins comes out clean. Transfer muffins to a wire rack to cool for 5 minutes. Serve warm.

COOK'S TIP

Keep the muffins in an airtight container for up to 2 days. Alternatively, on the day they are made, wrap muffins individually in plastic wrap. Place in a resealable freezer bag. Expel any air. Label, date and freeze for up to 2 months. ➤

NUTTY CHOCOLATE MUESLI BARS

PREP TIME: 15 MINS

COOK TIME: 25 MINS

MAKES 12 (½ BAR EACH,
AS A SNACK)

90g (1 cup) rolled oats
40g (¼ cup) slivered
almonds, chopped
125g (½ cup) no added
salt or sugar smooth
peanut butter
80ml (⅓ cup) honey
60g egg, lightly whisked
1 Tbsp canola oil
50g (½ cup) oat bran
30g (¼ cup) almond meal
20g (¼ cup) flaxseed (or
linseed) meal
60g (⅓ cup) dark choc bits

1 Preheat oven to 160°C (fan-forced). Line a baking tray with baking paper.

2 Combine the oats and almonds in a shallow baking dish. Bake, stirring twice, for 10 minutes or until lightly toasted. Set aside to cool.

3 Meanwhile, combine the peanut butter, honey, egg and oil in a large bowl. Stir in oat bran, almond meal and flaxseed meal. Stir in choc bits.

4 Transfer oat mixture to baking tray and shape into a 15cm square. Cut square in half. Cut each half crossways into 2.5cm strips (12 bars in total). Separate bars, leaving about 1½ cm between bars.

5 Bake for 10-12 minutes or

until bars are set and the edges are light brown. Set aside on a wire rack to cool. Cut bars in half, to serve. ➤

NUTRITION INFO

PER SERVE 510kJ, protein 4g, total fat 8g (sat. fat 1g), carbs 9g, fibre 2g, sodium 7mg • Carb exchanges ½ • GI estimate low

Cook's Tip

Keep bars in an airtight container for up to 2 days or freeze like you would the muffins, on page 61. You'll then have treats on hand for lunchboxes or when visitors drop in.



NUTRITION INFO

PER SERVE (with sugar)
1650kJ, **protein** 10g, **total fat** 16g (sat. fat 2g), **carbs** 48g, **fibre** 8g, **sodium** 52mg
• Carb exchanges 3
• GI estimate low

PER SERVE (with sugar substitute)
1480kJ, **protein** 11g, **total fat** 16g (sat. fat 2g), **carbs** 38g, **fibre** 8g, **sodium** 51mg
• Carb exchanges 2½
• GI estimate low

STEEL-CUT OATS

Also known as Irish oats, these are roasted whole, then cut into smaller pieces using a metal blade. The bran is intact on steel-cut oats and is not a refined product. These oats can take up to 20 minutes to cook, so make them ahead and reheat before serving.

SPICED PORRIDGE WITH PECANS

Added flavour gives a new twist to this winter staple – bring on brekkie!
see recipe, page 64 >>



basics



OAT AND POPPY SEED WAFFLES WITH CITRUS SYRUP

PREP TIME: 15 MINS
COOK TIME: 15 MINS
SERVES 8 (AS AN OCCASIONAL DESSERT)

100g ($\frac{2}{3}$ cup) plain flour
55g ($\frac{1}{2}$ cup) wholemeal plain flour
50g ($\frac{1}{2}$ cup) oat bran
2 Tbsp flaxseed (or linseed) meal
1 Tbsp sugar
2 tsp poppy seeds
1½ tsp baking powder
310ml ($1\frac{1}{4}$ cups) skim milk
60g egg, lightly whisked
125ml ($\frac{1}{2}$ cup) water
3 Tbsp canola oil
1 tsp vanilla essence

Citrus syrup

2 medium navel oranges, peeled and sliced, juices reserved
125ml ($\frac{1}{2}$ cup) water
1 Tbsp cornflour
1 Tbsp honey
1 Tbsp fresh lemon juice

1 To make citrus syrup, combine the reserved orange juice, water, cornflour and honey in a medium saucepan. Cook, stirring, over medium heat until it thickens and is bubbly. Add half the orange slices and cook for a further 2 minutes or until oranges soften slightly. Remove pan from heat and stir in lemon juice.

2 Combine the flours, oat bran, flaxseed meal, sugar, poppy seeds and baking powder in a medium

bowl. Make well in centre. Whisk milk, egg, water, oil and vanilla in small bowl. Add the milk mixture all at once to the flour mixture. Stir until just combined (the batter should still be slightly lumpy). Use the mixture straight away as it will thicken on standing.

3 Lightly grease and preheat a standard waffle maker (see Cook's Tip). Pour about $\frac{1}{2}$ cup of the batter onto each waffle grid, spreading to cover. Close the lid quickly and don't open until the waffles are ready. Bake until golden and crisp. Using a fork, lift the waffle off the grid. Repeat with the remaining batter.

4 Serve waffles with citrus syrup and remaining orange slices.

COOK'S TIP

Different waffle makers will take different amounts of batter, so use the recipe book provided with the waffle maker as a guide.



SPICED PORRIDGE WITH PECANS

PREP TIME: 25 MINS
COOK TIME: 30 MINS
SERVES 6 (AS A BREAKFAST)

140g ($\frac{1}{2}$ cups) steel-cut oats
750ml (3 cups) water
375ml ($1\frac{1}{2}$ cups) skim milk
1 tsp ground cinnamon
 $\frac{1}{2}$ tsp ground allspice
 $\frac{1}{2}$ tsp ground ginger
 $\frac{1}{2}$ cup brown sugar or granulated sugar substitute
115g (1 cup) finely grated carrots

$\frac{1}{2}$ cup chopped dried apricots
100g coarsely chopped toasted pecans

1 Preheat oven to 180°C (fan-forced). Spread oats out in single layer over a shallow baking dish. Bake, stirring twice, for 10 minutes or until lightly toasted.

2 Combine the toasted oats, water, milk, cinnamon, allspice and ginger in a large saucepan. Bring to the boil over high heat. Reduce heat to medium-low and simmer, covered, for 15-20 minutes, stirring occasionally, or until the oats are tender and the liquid is nearly absorbed. Stir in sugar, carrots and apricots. Set aside, covered for 5 minutes.

3 Spoon the desired number of servings into cereal bowls. Sprinkle each with some of the pecans.

COOK'S TIP

To keep the porridge in the fridge, prepare up to the end of Step 2. Set aside, covered, for 20 minutes. Transfer to a large bowl. Cover and chill for up to 5 days. To reheat individual servings, spoon a portion of the porridge into a cereal bowl. Cover loosely with plastic wrap. Microwave on medium/50% for 1½-2 minutes, stirring once, or until heated through, stirring in a little extra milk or water, if desired. Sprinkle with a few chopped pecans. ■

Orange crush

Meet your new zest friend – a creamy, citrus indulgence

ORANGE CUSTARD WITH CRUSHED SHORTBREAD

PREP TIME: 5 MINS (+ 4 HOURS CHILLING)

COOK TIME: 10 MINS

SERVES 4 (AS AN OCCASIONAL DESSERT)

How our
food works
for you
see page 90

NUTRITION INFO

PER SERVE 690kJ,
protein 6g, total
fat 5g (sat. fat 2g),
carbs 23g, fibre 0g,
sodium 97mg
• Carb exchanges 1½
• GI estimate medium

60g (¼ cup) sugar
2 Tbsp cornflour
625ml (2½ cups) skim milk
4 egg yolks (from 60g eggs)
½ tsp finely grated orange zest
½ tsp vanilla extract
3 Arnott's Scotch Fingers, crushed
1cm-thick sliced orange, cut
into wedges, to serve
Orange zest and lime zest strips
(optional), to serve

1 Combine sugar and cornflour in a medium saucepan. Gradually whisk in milk. Cook, stirring, over medium heat until mixture thickens and starts to bubble. Cook, stirring, for 2 minutes. Remove pan from heat.

2 Whisk egg yolks in a heatproof bowl. Add 1 cup of milk mixture to egg yolks. Whisk to combine. Return to pan with remaining milk mixture and whisk until smooth. Return pan to low heat and stir until custard thickens and just comes to a simmer.

3 Remove pan from heat and stir in orange zest and vanilla extract. Pour into a large bowl. Cover surface with plastic wrap. Place custard in fridge for at least 4 hours to chill. Do not stir.

4 To serve, layer custard and some crushed biscuits between serving glasses. Top with an orange wedge, remaining crushed biscuits and orange and lime zest, if using. ■

winter favourites

GREEK ROASTED SALMON AND VEGETABLES

You'll get plenty of heart-healthy omega 3s from this one-pan tray bake.

see recipe, page 70 >>

How our
food works
for you
see page 90

GF

NUTRITION INFO

PER SERVE 2120kJ,
protein 39g, total fat
25g (sat. fat 7g), carbs
26g, fibre 11g,
sodium 163mg

- Carb exchanges 1½
- GI estimate medium
- Gluten free
- Lower carb

THE MIGHTY MEDITERRANEAN

Discover the tasty reasons why this diet still reigns supreme

MEDITERRANEAN-STYLE EGGS AND TOMATOES

An antioxidant-packed red sauce cradles cooked eggs and is perfect anytime of day.
see recipe, page 70 >>

GFO

NUTRITION INFO

PER SERVE 1460kJ, protein 17g, total fat 16g (sat. fat 3g), carbs 29g, fibre 8g, sodium 308mg • Carb exchanges 2
• GI estimate medium
• Gluten-free option



CHICKEN AND VEGETABLE SOUVLAKI

Dip your skewer into
tzatziki for a tangy cool
flavour and hit of calcium.
see recipe, page 70 >>

NUTRITION INFO
PER SERVE 2040kJ,
protein 39g, total
fat 20g (sat. fat 4g),
carbs 31g, fibre 12g,
sodium 152mg
• Carb exchanges 2
• GI estimate low

TOMATO & SEAFOOD STEW WITH ROASTED GARLIC TOASTS

Abundant access to heart-healthy fish and seafood is just one benefit of life on the Mediterranean coast, and traditional seafood stews are popular.

see recipe, page 71 >>

GFO LC

NUTRITION INFO

PER SERVE 1850kJ,
protein 51g, total
fat 14g (sat. fat 2g),
carbs 17g, fibre 4g,
sodium 693mg
• Carb exchanges 1
• GI estimate low
• Gluten-free option
• Lower carb



winter favourites



GREEK ROASTED SALMON AND VEGETABLES

PREP TIME: 20 MINS

COOK TIME: 40 MINS

SERVES 4 (AS A MAIN)

500g small kipfler potatoes, scrubbed, halved lengthways (see Cook's Tip)
5 cloves garlic, coarsely chopped
1 Tbsp extra virgin olive oil
Freshly ground black pepper
2 red, yellow and/or orange capsicum, ends trimmed, seeds removed, sliced into rings
250g punnet cherry tomatoes
1 cup chopped flat-leaf parsley
40g (¼ cup) pitted Kalamata olives, halved
¼ cup oregano leaves, chopped
4 x 150g skinless, boneless salmon fillets
Zest and juice of one small lemon

1 Preheat oven to 220°C (fan-forced). Line a large shallow roasting pan with baking paper. Place potatoes in a large bowl and toss with garlic and 3 tsp of the oil. Season with pepper. Transfer to roasting pan and cover with foil. Roast for 30 minutes.

2 Toss the capsicum, tomatoes, parsley, olives and oregano with

remaining oil and then season with pepper.

3 Sprinkle salmon with pepper. Spoon the capsicum mixture over the potatoes and top with the salmon. Roast for 10 minutes or until the salmon is just cooked. Drizzle the lemon juice over the salmon and vegetables. Sprinkle with zest to serve.

COOK'S TIP

To lower the GI of this recipe, replace the kipfler potatoes with Carisma potatoes, unpeeled and chopped.



MEDITERRANEAN-STYLE EGGS AND TOMATOES

PREP TIME: 15 MINS

COOK TIME: 25 MINS

SERVES 4 (AS A MAIN)

2 Tbsp extra virgin olive oil
1 large red capsicum, chopped
1 small brown onion, chopped
2 Tbsp no-added-salt tomato paste
1 tsp smoked paprika
Pinch chilli flakes
4 large tomatoes, chopped
1 tsp ground cumin
4 x 60g eggs
130g (½ cup) low-fat Greek-style natural yoghurt
Chopped flat-leaf parsley, to serve
2 wholemeal pita bread rounds or gluten free bread, halved crossways, warmed, to serve (see Cook's Tip)

1 Heat oil in a large non-stick frying pan over medium heat. Add the capsicum, onion, tomato paste, paprika and chilli flakes.

Cook, stirring occasionally, for 5-7 minutes or until the onion softens. Stir in the tomatoes and cumin. Bring to the boil. Reduce heat to medium-low and simmer for 10 minutes or until the tomatoes start to break down.

2 Make four indentations in the tomato mixture. Break an egg into a small bowl and slip into an indentation. Repeat with the remaining eggs. Simmer, covered, for 5 minutes or until the whites are completely set and the yolks begin to thicken but are not hard.

3 Top with yoghurt and sprinkle with parsley before serving with pita bread.

COOK'S TIP

To warm the pita bread, wrap in foil and heat in an oven preheated to 180°C (fan-forced) for 10 minutes, or until heated through.



CHICKEN AND VEGETABLE SOUVLAKI

PREP TIME: 20 MINS

(+ 2 HOURS MARINATING)

COOK TIME: 45 MINS

SERVES 4 (AS A MAIN)

125ml (½ cup) fresh lemon juice
60ml (¼ cup) extra virgin olive oil
¼ cup chopped flat-leaf parsley
6 cloves garlic, crushed
Freshly ground black pepper
500g skinless chicken breast fillets, trimmed of fat, cut into 2.5cm pieces
250g punnet cherry tomatoes
250ml (1 cup) water



Enjoy the benefits of fish and seafood

100g (½ cup) pearl barley
2 Tbsp shredded basil
1 small Lebanese cucumber, coarsely grated
260g (1 cup) low-fat Greek-style natural yoghurt
2 Tbsp chopped dill
2 zucchini, halved lengthways, thickly sliced
2 capsicum, cut into 2.5cm pieces
1 small red onion, cut into 8 wedges
Lemon wedges and extra cucumber slices, to serve (optional)

1 Combine the lemon juice, oil, parsley and garlic in a shallow dish. Season with pepper. Add chicken and turn to coat. Cover and marinate in the fridge for up to 2 hours.

2 Cut half of the tomatoes in half. Put the halved tomatoes, water, barley and basil in a small saucepan. Cover and bring to the boil. Reduce heat to medium-low and simmer, covered, for 45 minutes or until the barley is tender and the water is absorbed.

3 Press the cucumber through a sieve to remove as much liquid as possible. Transfer to a small bowl. Stir in the yoghurt and dill.

4 Meanwhile, drain the chicken, discarding the marinade. Thread the chicken, zucchini, capsicum, onion and remaining tomatoes between 8 metal or wooden skewers. Spray the skewers with cooking spray.

5 Preheat barbecue grill on medium. Add skewers and cook for 8-10 minutes, turning once, or until the vegetables are tender

and the chicken is cooked through. Serve the barley pilaf with the yoghurt sauce, lemon wedges and cucumber, if using.



TOMATO & SEAFOOD STEW WITH ROASTED GARLIC TOASTS

PREP TIME: 20 MINS
COOK TIME: 1 HOUR 20 MINS
SERVES 6 (AS MAIN MEAL)

1 garlic bulb, plus 5 cloves, crushed
1 tsp extra virgin olive oil, plus 3 Tbsp extra
1 Tbsp chopped flat-leaf parsley, plus extra to serve (optional)
1 Tbsp no-added-salt tomato paste
250ml (1 cup) dry white wine
3 large tomatoes, chopped
Pinch chilli flakes (optional)
Freshly ground black pepper
250ml (1 cup) water
900g boneless firm fish fillets, cut into 5cm chunks
350g large green prawns, peeled and deveined, tails left intact
350g black local mussels, debearded and scrubbed
6 x 30g slices wholemeal sourdough bread or gluten-free bread

1 Preheat the oven to 200°C (fan-forced). Cut about 1½ cm off the top of the garlic bulb. Place bulb, cut-side up, on a double

thickness of foil. Drizzle with 1 tsp of the oil. Wrap the garlic up in foil. Roast for 50 minutes or until the garlic is very soft. Set aside to cool.

2 Heat 2 Tbsp of the extra oil in a large heavy-based saucepan over medium heat. Add the parsley and crushed garlic and cook, stirring, for 30 seconds. Add the tomato paste and cook, stirring, for 1 minute. Increase the heat to high and add the wine. Cook, stirring often, for another 5 minutes.

3 Add the tomatoes and chilli flakes (if using) to the pan. Season with pepper. Cook, stirring occasionally, for 5 minutes. Stir in the water. Bring to the boil. Reduce heat to medium and simmer, covered, for 10 minutes.

4 Add fish, prawns and mussels to the pan. Cover and cook for 5-7 minutes or until the fish flakes easily, prawns are just cooked and the mussels open. Discard any mussels that do not open.

5 Meanwhile, to make the garlic toasts, brush both sides of the bread with the remaining oil. Place on a baking tray and bake for 3 minutes or until toasted. Squeeze roasted garlic from bottom of bulb and spread the garlic onto the bread.

6 Sprinkle stew with extra parsley, if using. Serve with garlic toasts. ■



TRIM THE CARBS LOVE THE TASTE



- 25% LESS CARBS*
- LOW GI^
- GOOD SOURCE OF FIBRE

* Compared to standard mixed grain bread (NUTTAB 2010)

^ 5 Seeds GI= 53, Soy & Toasted Sesame GI= 51, Wholemeal & Seed GI= 53



IT'S NOT JUST BREAD, IT'S HELGA'S.

Bright *stuff*

This month's lunch club features chicken and salad with zing

TOASTED CHICKEN, SPINACH AND MUSTARD SANDWICH

PREP TIME: 10 MINS

COOK TIME: 5 MINS

SERVES 2

(AS AN OCCASIONAL LIGHT MEAL)

- 4 slices *Helga's Lower Carb Soy & Toasted Sesame* bread
- 2 tsp 97% fat-free mayonnaise
- 1 tsp wholegrain mustard
- 1 cup baby spinach leaves

70g chargrilled skinless chicken breast fillet, shredded (see Cook's Tip)

½ small avocado, sliced

1 small red capsicum, cut into thin strips

2 slices reduced-fat cheese

- 1 Place two slices of bread on a clean board. Combine the mayonnaise and mustard in a small bowl. Spread over bread.
- 2 Top the bread with spinach

leaves, chicken, avocado, capsicum and cheese.

3 Place the second pieces of bread on top of the filling. Cook in a sandwich press until bread is golden brown. Cut in half to serve.

COOK'S TIP

For chicken, spray with cooking spray and season. Cook on chargrill preheated on medium for 3-4 minutes each side, or until cooked through. Set aside to cool. ■

How our food works for you
see page 90

NUTRITION INFO

PER SERVE 1710kJ, protein 30g, total fat 18g (sat. fat 6g), carbs 27g, fibre 8g, sodium 519mg
• Carb exchanges 2
• GI estimate low

HELGA'S TASTE

A source of fibre, omega-3 and protein, we used *Helga's Lower Carb Soy & Toasted Sesame* bread in our sandwich. Available at your local supermarket.



5 days 5 dinners

Stay on top of your
weekday dinner game with these
deliciously simple recipes, and their
matching shopping list. Easy!



LC

MONDAY

CRUMBED CHICKEN WITH ROASTED VEGETABLES

A simple tray bake is a great way
to get your week started right.

see recipe, page 79 >>

NUTRITION INFO

PER SERVE 1640kJ, protein 38g, total
fat 15g (sat. fat 4g), carbs 20g, fibre 8g,
sodium 400mg • Carb exchanges 1½
• GI estimate medium • Lower carb

LC

TUESDAY

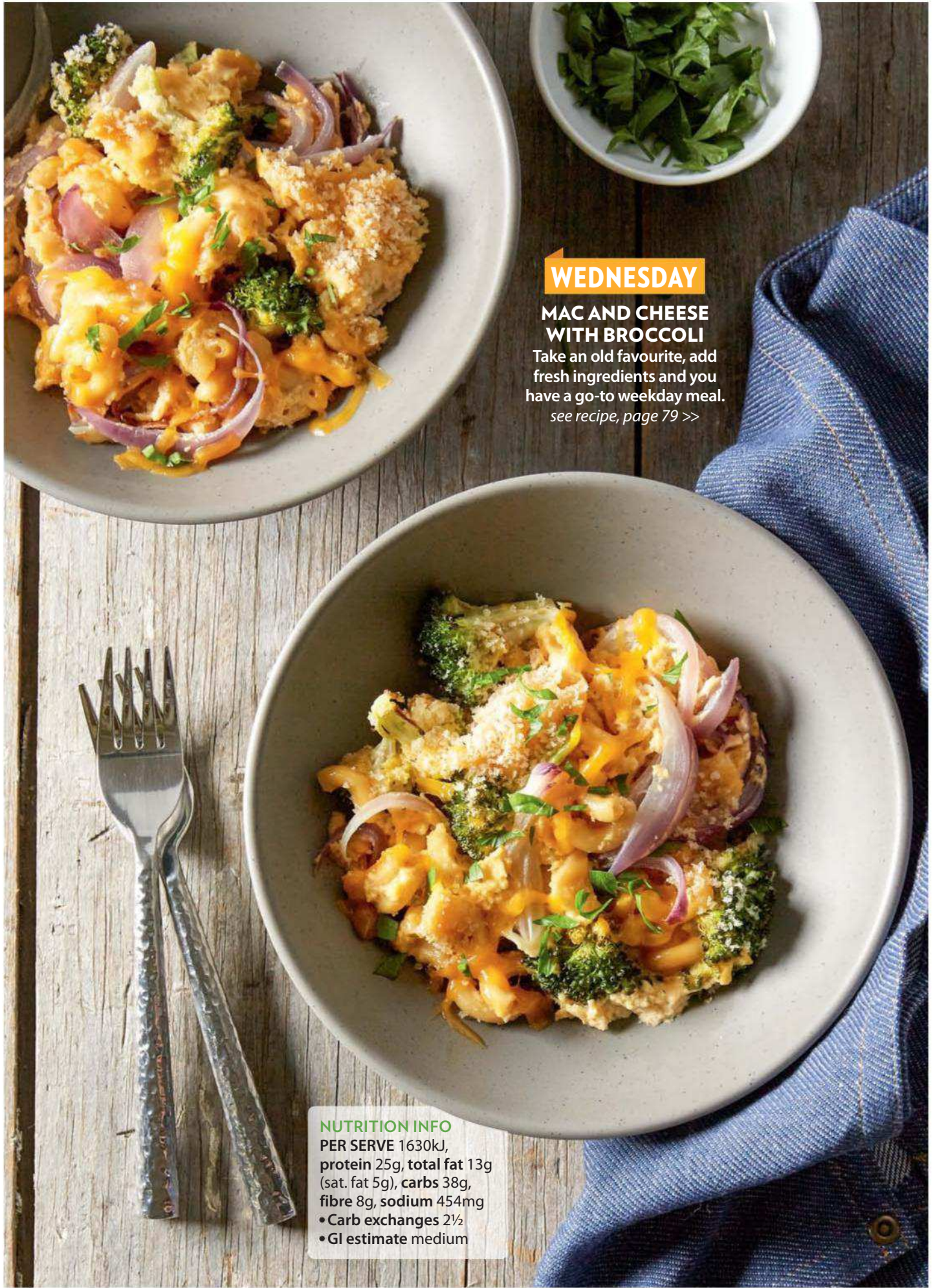
**MEATBALLS WITH
ROASTED GREEN
BEANS AND
POTATOES**

A modern take on an Italian classic will give everyone the vegies they need.
see recipe, page 79 >>

**How our
food works
for you**
see page 90

NUTRITION INFO

PER SERVE 1510kJ, protein 35g, total fat 11g (sat. fat 3g), carbs 26g, fibre 8g, sodium 166mg
• Carb exchanges 1½
• GI estimate low • Lower carb



WEDNESDAY

MAC AND CHEESE WITH BROCCOLI

Take an old favourite, add
fresh ingredients and you
have a go-to weekday meal.

see recipe, page 79 >>

NUTRITION INFO

PER SERVE 1630kJ,
protein 25g, total fat 13g
(sat. fat 5g), carbs 38g,
fibre 8g, sodium 454mg
• Carb exchanges 2½
• GI estimate medium

NUTRITION INFO

PER SERVE 1920kJ,
protein 36g, total fat
10g (sat. fat 2g),
carbs 51g, fibre 8g,
sodium 593mg
• Carb exchanges 3½
• GI estimate medium
• Gluten-free
option



GFO

THURSDAY

HAWAIIAN PORK

Sunday roast on a
Thursday? Why not –
especially as it will be on
the table in no time at all.
see recipe, page 80 >>

GFO LC

FRIDAY

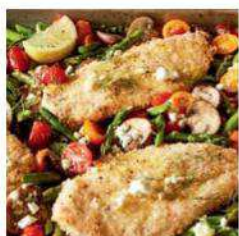
STEAK WITH MUSHROOM SAUCE

Step away from the takeaway menu! Make this easy, pub-style meal instead.
see recipe, page 80 >>

NUTRITION INFO

PER SERVE 1450kJ, protein 42g,
total fat 6g (sat. fat 1g), carbs
25g, fibre 9g, sodium 373mg

- Carb exchanges 1½
- GI estimate low
- Gluten-free option
- Lower carb



CRUMBED CHICKEN WITH ROASTED VEGETABLES

PREP TIME: 25 MINS

COOK TIME: 20 MINS

SERVES 4 (AS A MAIN)

2 x 250g skinless chicken breast fillets, trimmed of fat, halved crossways
60ml (¼ cup) 97% fat-free mayonnaise
4 cloves garlic, crushed
75g (½ cup) panko breadcrumbs
1 Tbsp psyllium husks
3 Tbsp grated parmesan
Freshly ground black pepper
2 bunches asparagus, woody ends trimmed, diagonally sliced into 2½ cm pieces
350g Swiss brown mushrooms, thickly sliced
2 x 200g punnet grape tomatoes, halved
1 Tbsp olive oil
30g reduced-fat feta, crumbled
Chopped dill, to serve
Lemon wedges, to serve

Lemon vinaigrette

½ tsp lemon zest
½ tsp honey
1 Tbsp fresh lemon juice
1 Tbsp olive oil

1 Place a large roasting pan in the oven. Preheat oven to 200°C (fan-forced).

2 Toss chicken, mayonnaise and 1 garlic clove in a bowl. Combine the breadcrumbs, psyllium husks, parmesan and pepper in shallow dish. Coat the chicken with the crumb mixture. Spray the tops of the chicken with cooking spray.

3 Combine the asparagus, mushrooms, tomatoes, oil and remaining garlic in a bowl. Season with pepper and toss to combine. Place the chicken and asparagus mixture in the preheated roasting pan. Roast for 15 minutes or until chicken is cooked through.

4 For lemon vinaigrette, whisk the lemon zest, honey, lemon juice and olive oil in a small bowl.

5 To serve, drizzle chicken and vegetables with vinaigrette. Top with feta and dill. Serve with lemon wedges.



MEATBALLS WITH ROASTED GREEN BEANS AND POTATOES

PREP TIME: 20 MINS

COOK TIME: 35 MINS

SERVES 4 (AS A MAIN)

600g small red potatoes, cut into chunks
1 Tbsp olive oil
6 cloves garlic, crushed
1 tsp finely chopped rosemary
Freshly ground black pepper
50g (½ cup) quick-cooking oats
1 egg white (from 60g egg)
1 brown onion, coarsely grated
1 tsp dried Italian herbs
Pinch chilli flakes
450g extra lean beef mince
250g green beans, trimmed
60ml (¼ cup) passata
2 Tbsp grated parmesan
2 tsp finely chopped basil

1 Preheat oven to 200°C (fan-forced). Line a roasting pan with baking paper. Place potatoes in pan and top with 2 tsp of olive oil,

3 crushed garlic cloves, rosemary and pepper. Toss to combine. Roast for 10 minutes.

2 Meanwhile, place the oats in a small food processor. Cover and process until a coarse powder. Combine ground oats, egg white, onion, herbs, chill flakes, 1 clove crushed garlic and freshly ground black pepper. Add the beef mince and mix until well combined. Shape into 8 meatballs.

3 Toss green beans, remaining oil and garlic in a bowl. Push potatoes to one end of roasting pan. Add meatballs to other end of pan and put green beans in centre of the pan. Roast for 20-25 minutes or until the meatballs are cooked through, spooning the passata over the meatballs for the last 2 minutes of cooking.

4 Sprinkle over the parmesan and basil. Serve.



MAC AND CHEESE WITH BROCCOLI

PREP TIME: 20 MINS

COOK TIME: 30 MINS

SERVES 4 (AS A MAIN)

400g broccoli, cut into small florets
1 red onion, finely chopped
2 cloves garlic, crushed
2 tsp olive oil
100g dried elbow pasta
2 x 60g eggs, lightly whisked
60ml (¼ cup) 97% fat-free mayonnaise
¾ tsp mustard powder
Freshly ground black pepper
250ml (1 cup) light and creamy evaporated milk ➤



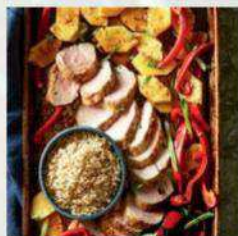
80g (⅔ cup) reduced-fat
grated cheese
50g (½ cup) panko breadcrumbs
1 Tbsp psyllium husks
1 Tbsp chopped flat-leaf parsley

1 Preheat oven to 220°C (fan-forced). Line a medium ovenproof dish with baking paper. Toss the broccoli, onion, garlic and oil in a bowl. Transfer to ovenproof dish. Roast for 12-15 minutes or until tender and lightly charred (do not stir). Remove from oven. Reduce oven temperature to 180°C (fan-forced). Discard baking paper.

2 Meanwhile, cook pasta in a medium saucepan of boiling water, until al dente. Drain well and set aside to cool slightly.

3 Combine the eggs, mayonnaise, mustard powder and pepper in a large bowl. Gradually whisk in milk. Stir in broccoli mixture, pasta and cheese.

4 Spray ovenproof dish with cooking spray. Spoon pasta mixture into the pan. Sprinkle over combined breadcrumbs and psyllium husks and spray lightly with cooking spray. Bake for 15 minutes or until top is golden brown and sauce is bubbly. Sprinkle with parsley and serve.



HAWAIIAN PORK

PREP TIME: 20 MINS

COOK TIME: 25 MINS

SERVES 4 (AS A MAIN)

500g lean pork fillet,
trimmed of fat
5 tsp olive oil
Freshly ground black pepper

3 Tbsp salt-reduced soy sauce
2 Tbsp honey
1 Tbsp fresh lime juice
1 Tbsp grated fresh ginger
4 cloves garlic, crushed
1 tsp paprika
¼ tsp ground cumin
¼ tsp ground coriander
3 cups chopped fresh pineapple
2 large red capsicum, cut into strips
4 green shallots, trimmed, cut into
5cm lengths
250g sachet microwave brown
rice, heated following
packet directions
¼ cup chopped coriander

1 Preheat oven to 200°C (fan-forced). Spray roasting pan with cooking spray or line with baking paper. Place pork in pan and rub in 1 tsp of olive oil. Season with pepper. Roast for 5 minutes.

2 Meanwhile, combine soy sauce, honey, lime juice, ginger, garlic, paprika, cumin and coriander in small bowl. Combine remaining olive oil, pineapple, capsicum and green shallots in a medium bowl.

3 Add pineapple mixture to pan with pork. Drizzle with sauce. Roast for 15 minutes or until meat is just cooked to your liking. Transfer meat to a plate, cover loosely with foil. Set aside to rest for 3 minutes.

4 To serve, slice meat and serve with rice and pineapple mixture. Sprinkle with coriander, to serve.



STEAK WITH MUSHROOM SAUCE

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A MAIN)

500g lean rump steak, trimmed
of fat, cut into 4 pieces
2 cloves garlic, crushed
Freshly ground black pepper
2 tsp olive oil
1 bunch broccolini, trimmed,
diagonally halved
290g (2 cups) frozen peas
250g Swiss brown mushrooms,
sliced (see Cook's Tip)
250ml (1 cup) salt-reduced beef
stock or gluten-free stock
1 Tbsp wholegrain mustard
2 tsp cornflour or gluten-
free cornflour
1 bunch baby carrots, trimmed,
scrubbed, steamed, to serve
500g small Carisma potatoes,
halved, steamed, to serve

1 Preheat oven to 180°C (fan-forced). Rub steak with garlic and pepper. Heat oil in large cast iron or stoveproof and ovenproof frying pan over medium-high heat. Add steak and broccolini. Cook for 2 minutes, turning steak once. Place peas around steak. Add pan to oven and cook for 5 minutes, or until steak is cooked to your liking.

2 Transfer meat and vegies to a platter. Cover with foil to keep warm. Add mushrooms to pan and cook over medium-high heat for 3 minutes or until the mushrooms are soft. Whisk stock, mustard and cornflour together. Stir into pan. Cook, stirring, until sauce comes to a simmer. Simmer for 2-3 minutes or until sauce thickens.

3 Slice the steak. Return steak and peas to the pan. Sprinkle with pepper. Serve with the steamed carrots and potatoes.

COOK'S TIP

Try replacing the Swiss brown mushroom with a selection of different mushrooms and the broccolini with 250g broccoli, cut into florets.

YOUR shopping list

GROCERIES

- ☐ 200g pkt panko breadcrumbs
- ☐ 500g pkt elbow pasta
- ☐ 375ml can light and creamy evaporated milk
- ☐ 250g sachet microwave brown rice
- ☐ 250g pkt psyllium husk
- ☐ 400g bottle passata
- ☐ 250ml carton salt-reduced beef stock

CHILLED AND FREEZER

- ☐ 200g pkt reduced-fat feta
- ☐ 500g pkt frozen peas

FRUIT AND VEGETABLES

- ☐ 2 bunches asparagus
- ☐ 600g Swiss brown or button mushrooms
- ☐ 2 x 200g punnet grape tomatoes
- ☐ 400g broccoli
- ☐ 1 red onion/1 brown onion
- ☐ 1 bunch dill, flat-leaf parsley, coriander, rosemary and basil
- ☐ 1 lemon
- ☐ 1 lime
- ☐ Piece ginger
- ☐ ½ pineapple
- ☐ ½ bunch green shallots

- ☐ 1 red capsicum
- ☐ 250g green beans
- ☐ 600g small red potatoes
- ☐ 1 bunch broccolini
- ☐ 1 bunch baby carrots

MEAT AND POULTRY

- ☐ 2 x 250g skinless chicken breast fillets
- ☐ 500g lean pork fillet
- ☐ 450g extra lean beef mince
- ☐ 400g lean rump steak

PANTRY

- ☐ 97% fat-free mayonnaise
- ☐ 18 garlic cloves
- ☐ Parmesan
- ☐ Black pepper
- ☐ Cooking spray
- ☐ Olive oil
- ☐ Honey
- ☐ Salt-reduced soy sauce
- ☐ 3 x 60g eggs
- ☐ Dry mustard powder
- ☐ Reduced-fat grated cheese
- ☐ Ground paprika, cumin and coriander
- ☐ Dried Italian herbs
- ☐ Chilli flakes
- ☐ Wholegrain mustard
- ☐ Cornflour
- ☐ Quick oats

LEFTOVERS

Panko

breadcrumbs:

Use panko crumbs to coat fish to make your own healthy baked fish and chips. Toast and sprinkle over salads for a little extra crunch.

Pasta:

Cook and use in pasta salads or in a pasta bake.

Evaporated milk:

Use instead of cream in baking or sauces.

Passata: Spread over pizza bases, in pasta sauces or add to your veggie soup.

Feta: Throw onto your healthy homemade pizza for the last few minutes of cooking. Chop and add to salads, or sprinkle a little on your salad sandwich to add a flavour kick.

Peas: Use in casseroles, soups and pasta dishes.

Shallots: Finely slice and add to salads. Add to your homemade fried rice or add to your pasta dishes and cook off with a little garlic before adding your eggs to make scrambled eggs.

Herbs (dill, parsley, coriander and basil): Use herbs whole in salads, finely chop and sprinkle over cooked meats or vegies. Stir in soups, casseroles and pasta dishes.

Psyllium husks: Add a little to your smoothies, sprinkle a little on your cereal or use in your baking. ■



Healthy Hainanese chicken

BHG TV's 'Fast Ed' Halmagyi's recipe, brings classic Chinese flavours into your kitchen and gives them a healthy spin

▶ A healthy Chinese-inspired family meal perfect for those managing diabetes.

HAINANESE-INSPIRED CHICKEN

PREP TIME: 20 MINS (PLUS RESTING)

COOK TIME: 1½ HOURS

SERVES 6 (AS A MAIN)

- 1.8kg chicken, skin and all excess fat removed
- 6 rashers Weight Watchers bacon, roughly chopped
- 1 Massel salt-reduced stock cube
- 1 brown onion, finely chopped
- 10cm piece ginger, sliced
- 8 cloves garlic, peeled, sliced
- 1 tsp Sichuan peppercorns



- 1 bunch green shallots, trimmed
- 1½ cups tricolour quinoa
- 3 bunches (950g) Asian greens, trimmed, steamed, to serve
- Lemon wedges, chopped chilli and coriander sprigs, to serve

- 1 Place first seven** ingredients (through peppercorns) in a large, deep saucepan with half shallots. Cover with plenty of cold water.
- 2 Bring saucepan** to boil over high heat. Boil for 5 minutes, skimming surface several times to remove fat and any floating sediment. Remove pan from heat. Cover with lid. Set aside for 1 hour. Carefully remove chicken from broth and place on clean board. Set aside to cool slightly.
- 3 Remove chicken** meat from bones; keep chicken meat in large

pieces where possible. Set aside. Strain broth, discarding solids.

4 Wash and dry saucepan used to cook chicken. Return broth to pan and bring to a rapid boil over high heat. Continue to boil until mixture reduces to 2.25L (9 cups).

5 Put 750ml (3 cups) broth and quinoa in medium saucepan. Bring to boil over high heat. Boil until craters appear. Cover and remove from heat. Set aside for 10 minutes. Use fork to fluff up. Separate grains.

6 Slice chicken meat and finely slice remaining shallots. Serve with quinoa, broth, Asian greens, lemon wedges, chilli and coriander.

COOK'S TIP

Peel garlic cloves easily by crushing them with the flat of a knife and the palm of your hand. ■

SEE MORE OF 'FAST ED'

For more great recipes, as well as tips for decorating your home, sprucing up your garden, looking after your pets and boosting your wellbeing, buy *Better Homes and Gardens* and tune in to the *BHG TV* show on Channel 7. Check your local TV guide for scheduling information.

How our
food works
for you
see page 90

NUTRITION INFO **GF**

PER SERVE 1990kJ,
protein 59g, total fat 12g
(sat. fat 3g), carbs 29g,
fibre 9g, sodium 518mg
• Carb exchanges 2
• GI estimate low
• Gluten free



To see Fast Ed
cooking this
recipe, tune into
BHG TV on
15 June.

Simply delish

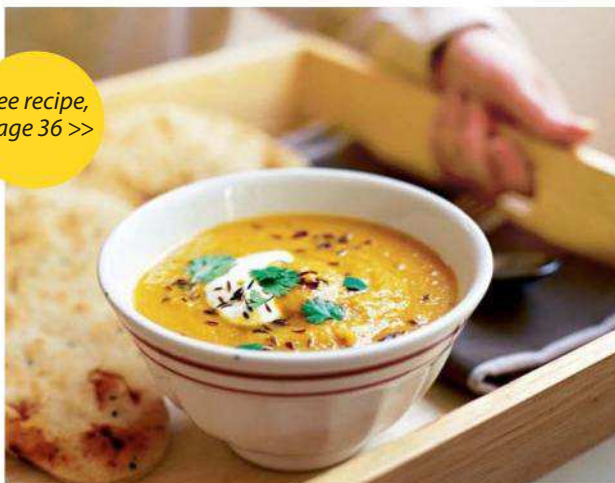
Smart meal organisation tips, sweet and savoury snacks and speedy brekkie ideas, all from our food editor *Alison Roberts*

KITCHEN TIP

Preparation is the key!

Being organised both in the kitchen and with your meal planning will help save you time and money. Start by planning your dinner menu for the week and write a shopping list. Try to pick recipes that have a few similar ingredients (especially the fresh fruit and veg) as this can help to make sure you don't have a lot of leftovers and help avoid any wastage. If you know you are going to be late one night, plan a meal to cook the night before that can have leftovers or pick something quick and easy that can be thrown together (like an omelette) or put on your slow cooker (see our special from page 18) in the morning, so dinner will be ready for you when it's time to eat.

see recipe,
page 36 >>



AT THEIR peak

Broccoli, brussels sprouts, cauliflower, fennel, potatoes, silverbeet, spinach, grapefruit, lemons, oranges, mandarins.

PRODUCT REVIEW

Tefal Snack Maker

Cook a variety of delicious snacks with interchangeable plates using Tefal's Snack Collection. Great for making sweet or savoury snacks, meals or desserts. It comes with the toasted sandwich and waffle plates, but there are 10 more to choose from, including donuts and mini bagels! Try the waffle recipe on page 64. Available from \$109.95 (base model including toasted sandwich and waffle plates). Extra plates are \$29.95 per set.



“

The next best thing to eating food, is talking about it



SNACK IDEA

Chop 1 x 250g punnet **strawberries**. Sprinkle over 1 Tbsp **pistachio nuts**, 1 tsp flaked **coconut** and 1 tsp **sunflower seeds**. Serve.

PER SERVE 599kJ, protein 4g, total fat 7g (sat. fat 2g), carbs 11g, fibre 8g, sodium 8mg
 • Carb exchanges ½
 • GI estimate low
 • Gluten free • Lower carb



SUPERMARKET CRUSH

Slice of success

Look out for Helga's Lower Carb bread range in your local supermarket today. The range is low GI, higher in protein and has a good source of fibre. It has 25 per cent less carbs than a standard mixed grain bread. It is available in three variants; 5 Seeds, Soy & Toasted Sesame, and Wholemeal & Seed. RRP \$5.49 for 700g. Available at Coles, Woolworths and independent supermarkets.



QUICK BREKKIE IDEAS

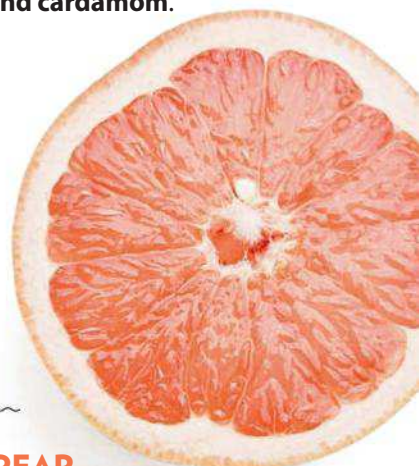
GRAPEFRUIT WITH YOGHURT AND NUTS

Halve a **grapefruit** and cut small segments in the grapefruit, without cutting all the way through (makes it easier to eat). Sprinkle each half with 1 tsp **raw sugar**. Set aside for 10 minutes. Top each with 2 Tbsp **low-fat Greek-style natural yoghurt**. Sprinkle each half with 1 tsp **almond slivers** and 2 tsp chopped **unsalted pistachio nuts** and a pinch of **ground cardamom**.

Serves 1.



PER SERVE 920kJ, protein 6g, total fat 10g (sat. fat 1g), carbs 23g, fibre 7g, sodium 16mg
 • Carb exchanges 1½
 • GI estimate low
 • Gluten free
 • Lower carb



PORRIDGE WITH PEAR, SUNFLOWER SEEDS AND HONEY

Cook 80ml (⅓ cup) **rolled oats** and 200ml **low-fat milk** in a small saucepan over medium heat until oats are soft. Top with 1 small chopped **pear**, 1 tsp **honey** and 1 tsp **sunflower seeds**. Serves 1.

PER SERVE 1320kJ, protein 12g, total fat 6g (sat. fat 2g), carbs 46g, fibre 8g, sodium 89mg
 • Carb exchanges 3 • GI estimate low

COTTAGE CHEESE, TOMATO & DILL ON RYE

Top 2 x 30g slices **dark rye bread** each with 2 Tbsp **low-fat cottage cheese**, 1 large **tomato**, sliced, freshly ground **black pepper**, a few **dill** sprigs and a little grated **lemon zest**. Serve with a small skim milk **coffee** or small skim **hot chocolate**. Serves 1. ■

PER SERVE 1370kJ, protein 25g, total fat 4g (sat. fat 2g), carbs 44g, fibre 7g, sodium 597mg
 • Carb exchanges 3 • GI estimate low





FROZEN *assets*

Not all readymade meals are equal, so it's
crucial to know how to pick the healthiest one

Frozen convenience meals

are good to have on hand for those busy days when you just don't have the time or energy to prepare dinner. But take care to always check the nutrition information panel and the ingredients list to help you choose the healthiest options.

Look for meals based on lots of vegetables, lean protein and whole grains. Steer clear of those that are high in sodium (salt)



and fat, and low in fibre and vegetables. Also be sure to check the carbs in your serving to best manage your BGLs.

As a general guide, when you're reviewing the nutrition information panel, choose meals with:

- ▶ less than 20g of total fat per serve and with no more than one third of that fat being saturated;
- ▶ at least 7g of fibre per serve;
- ▶ no more than 800mg of sodium per serve.

For your shopping convenience we have highlighted some of the healthier options that are available across major supermarket chains, below.

Another way to be prepared for those busy days is to cook larger portions than are required at one meal and then freeze in individual serves.

We have included a guide on our recipes to highlight which meals are suitable to freeze and how to reheat (see page 134).

MICHELLE BRIDGES

- Creamy cauliflower cheese chicken
- Beef & tomato casserole
- Asian style chicken
- Salmon fish cakes

Available from Woolworths and Safeway supermarkets, RRP \$6.50



LEAN CUISINE STEAM

- Chicken, cheese and pepper pasta
- Spicy Meatball Arrabbiata

Available from Coles, Woolworths and IGA, RRP \$7.37



HEALTHY CHOICE

WHOLE GRAINS

- Slow cooked beef ragu

Available from Woolworths, RRP \$6.49

LEAN CUISINE BALANCE

To boost the nutrition and fibre content, and to keep you feeling fuller for longer, serve these convenience meals with a 150g bag of steamed frozen veges.

- Beef teriyaki noodles
- Creamy chicken & basil spaghetti
- Creamy salmon & dill linguine
- Creamy tuna pasta bake
- Hearty lamb & rosemary beef hot pot

Available from Coles, Woolworths and IGA, RRP \$5.70 ■

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H₂O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	2 poached eggs, 2 slices multigrain bread with ¼ small avocado and 4 cherry tomatoes	Homemade yoghurt (page 42) with ½ cup natural muesli	2 slices soy linseed bread with ½ small avocado and 1 Tbsp pepitas (pumpkin seeds)	Spiced porridge with pecans (page 64)
Optional snack	Cherry berry smoothie (page 60)	1 slice grainy bread with 1 Tbsp natural peanut butter	Rhubarb and oat muffins (page 61)	1 piece seasonal fresh fruit
Lunch	Thai chicken wings with peanut sauce (page 49) 	Chickpea and vegie pitas with creamy avocado dressing (page 49)	Orange and saffron fish soup (page 32) 	Toasted chicken, spinach and mustard sandwich (page 73)
Optional snack	2 rye Cruskits and 40g reduced-fat cheddar	1 piece seasonal fresh fruit 	2 fresh dates	Nutty chocolate muesli bar (page 62)
Dinner	Tomato & seafood stew with roasted garlic toasts (page 71) <i>Pictured above</i>	Crumbed chicken with roasted vegetables (page 79) <i>Pictured above</i>	Meatballs with roasted green beans and potatoes (page 79) <i>Pictured above</i>	Mac and cheese with broccoli (page 79) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	1 cup fresh fruit salad 	1 cup warm skim milk with 2 tsp Milo	1 cup fresh fruit salad	5 canned peach pieces with ½ cup low-fat custard
Exercise	Aim for 20-60 minutes of moderate exercise each day. 			

WORDS SHANNON LAVERY (DIETITIAN) PHOTOGRAPHY GETTY IMAGES

it's easy!



Beware of winter-warming drinks!

Do you find yourself ordering an extra latte here or there, or opting for a larger-sized cup to help keep you warm in these cooler months? You may actually be adding far more kilojoules, fat and carbohydrate to your diet than you realise, which may be making your weight and diabetes more difficult to manage.

Next time you are ordering your winter-warming beverage, consider these simple swaps for better health:

- Swap a **large full cream latte** for a **small skim latte** – save more than 600kJ, 12g fat and 6g carbs!
- Swap a **regular flat white** for an **instant coffee** with a dash of milk – save approximately 640kJ, 9g fat and 10g carbs!
- Swap a **chai latte** for a **chai tea bag** (or any tea you fancy!) – save more than 1000kJ, 8g fat and 30g carbs!
- Swap a **small mocha** for a **small skim cappuccino** – save close to 500kJ, 7g fat and 15g carbs!
- Swap a **regular hot chocolate** for a **Jarrah Choc O Lait** – save nearly 900kJ, 10g fat and 22g carbs! ■



THURSDAY



FRIDAY



SATURDAY



depending on your exercise levels

2 slices wholemeal sourdough with 3 Tbsp reduced-fat ricotta and sliced banana

Spiced porridge with pecans (page 64)

2 slices soy linseed bread with 1 cup baby spinach, 40g reduced-fat cheddar and sliced tomato

20g unsalted mixed nuts



Sliced apple with 1 Tbsp natural peanut butter

1 piece seasonal fresh fruit

Spinach, mushroom and bacon quiche (page 46)

Pumpkin soup with Thai gremolata (page 37)

Barbecued pulled pork sliders (page 48)



2 Tbsp hummus and 1 cup carrot sticks



Homemade yoghurt (page 42) and 4 canned apricot halves

Rhubarb and oat muffins (page 61)

Hawaiian pork (page 80)
Pictured above

Steak with mushroom sauce (page 80)
Pictured above

Greek roasted salmon and vegetables (page 70)
Pictured above

have a couple of alcohol-free days a week

1 cup fresh fruit salad



1 cup warm skim milk with 2 tsp Milo

Fruit compote with ginger (page 54)



Always discuss your exercise plans with your doctor first

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

▶ Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten free. Easy!

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ

Protein 80g

Total fat 70g

Saturated fat 24g

Carbs 270g

Fibre 30g

Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ

Protein 65g

Total fat 45g

Saturated fat 15g

Carbs 180g

Fibre 30g

Sodium Less than 2000mg

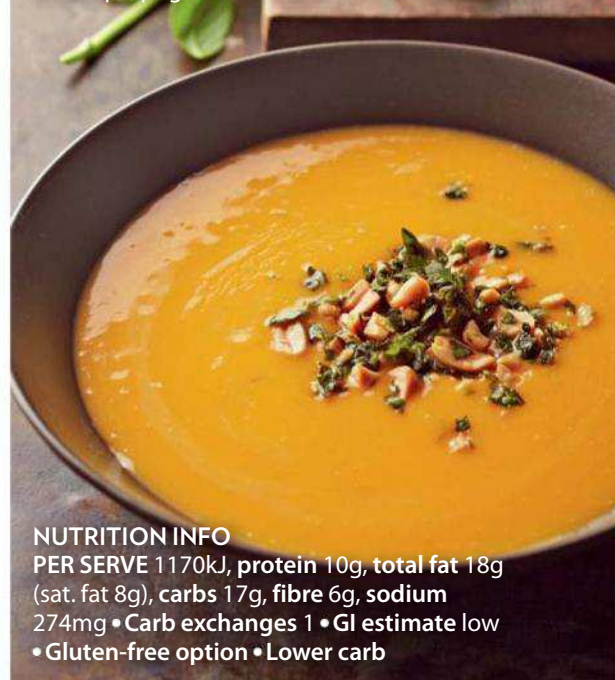
* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

CUT OUT & KEEP



PUMPKIN SOUP WITH THAI GREMOLATA

see recipe, page 37 >>



NUTRITION INFO

PER SERVE 1170kJ, protein 10g, total fat 18g (sat. fat 8g), carbs 17g, fibre 6g, sodium 274mg • Carb exchanges 1 • GI estimate low • Gluten-free option • Lower carb

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We sometimes use product names so it's easy for you to find nutritionally suitable brands when shopping.

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting your carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*In the midst of
winter, I found
there was, in me, an
invincible summer*

– Albert Camus, French philosopher



IS TYPE 2 CURABLE?

You've seen the question in social media clickbait...

▶ For 20 years, experts have considered type 2 diabetes to be a predictably progressive disease: Once you've been diagnosed, you may slow the progress, but you can't stop it.

But what if that downward spiral isn't inevitable? What if you can reverse type 2? Well new British research suggesting exactly that is making headlines.

CURE VERSUS REVERSAL

Those words might seem interchangeable, but they aren't when it comes to type 2 diabetes. As of yet, there is no 'cure'.

However, type 2 can be put into remission with your meal plan, physical activity and medications – but if you stop, it will return. For that reason, most experts prefer the term 'reversal'.

"Cure means you won't contend with this issue any longer," says Ann Albright, director of the Division of Diabetes Translation at the Centers for Disease Control and Prevention in the US.

"If you can stop taking medications, you'll still need to eat healthy foods in suitable portions and move more to keep type 2 diabetes in remission."

WHERE THE RUMOURS CAME FROM

While scientists investigate possible treatments, such as stem cell or faecal transplants, currently only one thing has been shown to reverse type 2 diabetes.

"It's very clearly about weight loss," says Roy Taylor, director of the Magnetic Resonance Centre at the University of Newcastle in England.

Taylor caused a stir recently with research suggesting that eight weeks on a 2510-kilojoule-a-day liquid diet, followed by careful transition back to



normal eating, might be enough to reverse type 2. In one study, a small group averaged a loss of 15kg, and more than half saw blood glucose return to non-diabetic levels.

But Taylor's method isn't one that's recommended by mainstream experts.

"There are multiple reasons we don't recommend very quick weight loss, other than bariatric surgery. The success rate is very low," says George King, chief scientific officer at the Joslin Diabetes Center in the US.

And many people with type 2 find success with less drastic weight loss. "It's very clear, from multiple studies, all you need to lose is 5 per cent of your body weight to improve insulin sensitivity," says King.

For a 136kg person, that's 7kg. While 5 per cent may not be enough to completely reverse diabetes, it should slow the progression. Just as important though, is then keeping those lost kilograms off.

IT'S PERSONAL

The weight-loss method doesn't seem to matter – in studies, bariatric surgery, very-low-kilojoule diets, and a combination of intensive kilojoule restriction, exercise and medications have all been effective.

Scientists can't yet predict who will see a reversal or how much weight a person might need to lose. Everyone has a personal fat threshold: the point at which type 2 develops or goes into remission.

Think about it: more than two-thirds of Americans – and the same in Australia – are overweight or obese. "Yet only 10 per cent [of Americans] have



"There's no magic BMI level for reversibility. Just increasing activity can dramatically improve blood glucose"

– George King

diabetes," says King. "Most people who are overweight or obese don't have it." Their fat thresholds may simply be higher.

TIMING IS EVERYTHING

The longer you have type 2 diabetes, the longer your beta cells work overtime to produce insulin. Eventually those cells begin to die off. Once that happens, the odds of reversing diabetes decrease.

In Taylor's study, and another recent one involving bariatric surgery, a substantial number of participants achieved remission – but among those who'd had diabetes for more than 10 years, it was much less common.

Still, if you've had type 2 diabetes for more than a decade, don't lose hope.

"Eating better and being more active makes diabetes management easier, lowers risk for serious complications and other chronic diseases, and improves overall wellbeing," says Albright.

"Even without remission, there is much to be gained." ■

START NOW

Work with your care team to make small changes to reverse or slow the progression of type 2 diabetes:

● Lose 5 per cent of your body weight.

"Try a Mediterranean or Asian-type diet," says George King. The complex carbs are hunger-satisfying and help you eat less.

● Get moving for 45 minutes a day.

"You need more than 30 minutes; you're just starting to get the benefits then," says King.

● Get 6-8 hours of sleep.

A study of nearly 5000 people with type 2 diabetes in the journal *Diabetes Care* found that those who slept less or more had higher HbA1c levels.



DO-IT-YOURSELF
HEALTH
TESTS

You don't have to wait until your next doctor's appointment to find out if you need to work on your health

1 WAIST-TO-HIP RATIO

Why do it: The more overweight you are, the more resistant to insulin you are, which can lead to type 2 diabetes or worsen your diabetes. Yet the problem isn't always how much fat you're carrying but where that fat accumulates. The type of fat around your belly is most associated with insulin resistance and heart disease.

How to do it: Wrap a tape measure around the narrowest part of your waist (belly) and log your measurement; then measure your hips at the widest part. Divide waist circumference by hip circumference. For women this ratio should be under 0.85, and for men, under 0.9.

2 TRACK WEIGHT

Why do it: Many things could cause unexplained weight gain. For people with prediabetes, it could mean a progression to diabetes or worsening insulin resistance. If you have diabetes, both weight gain and weight loss could reflect worsening pancreatic function.

Certain medications can also cause you to put on kilos, so talk with your doctor. More concerning causes of weight gain may be fluid retention as a result of heart failure, worsening kidney function, and hypothyroidism.

How to do it: Unless you're trying to lose weight – some studies suggest that daily weighing is best – jump on a scale weekly. Weigh in at the same time of day, preferably right away in the morning and without clothes.

3 RESTING HEART RATE

Why do it: Having a higher resting heart rate (RHR) – your heart rate while in a resting position – could increase your risk of diabetes. One study from the *International Journal of Epidemiology* found that each additional 10 beats per minute increased diabetes risk by 23 per cent. People with the highest risk had an RHR of 80 or more beats per minute (BPM). Studies also show that elevated RHR is a risk for heart disease.

How to do it: Before getting out of bed in the morning or after resting for five minutes, find your pulse with your fingers on your neck or wrist and count your heartbeat for one minute. Do this several times and average the numbers. If your RHR is above 80 BPM, make exercise a bigger priority. ➤





4 THYROID TEST

Why do it: Many people don't realise they have an underactive thyroid – a gland that produces hormones that help fuel your body's energy tanks. The condition is more prevalent in people with diabetes and can heighten diabetes complications. Symptoms include fatigue, depression, being overweight, dry hair and skin, brittle nails, high cholesterol, blood pressure problems, low libido, constipation, and intolerance to hot or cold temperatures.

Take your temperature at various times of the day when healthy to learn your baseline body temp, which varies by person. This can help you spot increases or decreases, which could signal illness.

How to do it: Grab a glass of water and handheld mirror. With the mirror in your hand, look at the lower front area of your neck, above your collarbone and below your voice box, which is where your thyroid gland is located. Keep your eyes on this spot as you tip your head back and swallow a sip of water. Do you see any bulges or protrusions close to your collarbone when you swallow? If you're not sure or you're focusing on your Adam's apple, try again. If you do see something, it could be a sign of an enlarged thyroid or a nodule that should be checked. However, you can have thyroid disease without this symptom. The best check of thyroid function is a blood test at the doctor's office.

5 BP CHECK

Why do it: High blood pressure might be dubbed the silent killer, but low blood pressure comes with its own consequences: poor circulation, slow healing and overall low energy.

How to do it: Be aware of how you're feeling when you stand. Light-headed? Call your doc to get checked. In the meantime, do a quick test with an at-home blood pressure monitor (get one at the pharmacy). After sitting for five minutes, check your blood pressure. Do the same after standing. If you notice a drop of about 10 mmHg in the systolic (upper) number from sitting to standing, it could indicate blood pressure issues.

6 KIDNEY FUNCTION

Why do it: Changes in urine in people with diabetes or prediabetes might signal future kidney issues. Your doctor will do a urine test to check for protein leaking in the urine along with a blood test to measure kidney function at least once a year. If excess protein is detected in urine, it will warrant further evaluation, follow-up studies, extra care watching kidney blood readings, and possibly medication changes.

How to do it: It's difficult to spot changes in your urine at home, but three things should prompt you to call your health care provider: spotting, foam, or blood in your urine.





7 BALANCE TEST

Why do it: A study published in the journal *Stroke* found that being unable to balance on one leg for 20 seconds or more was associated with cerebral small-vessel disease, which could up the risk of stroke and decreased cognitive function. (Uncontrolled blood sugars over time can affect brain

health, too, so keep your numbers in check to avoid complications such as dementia.)

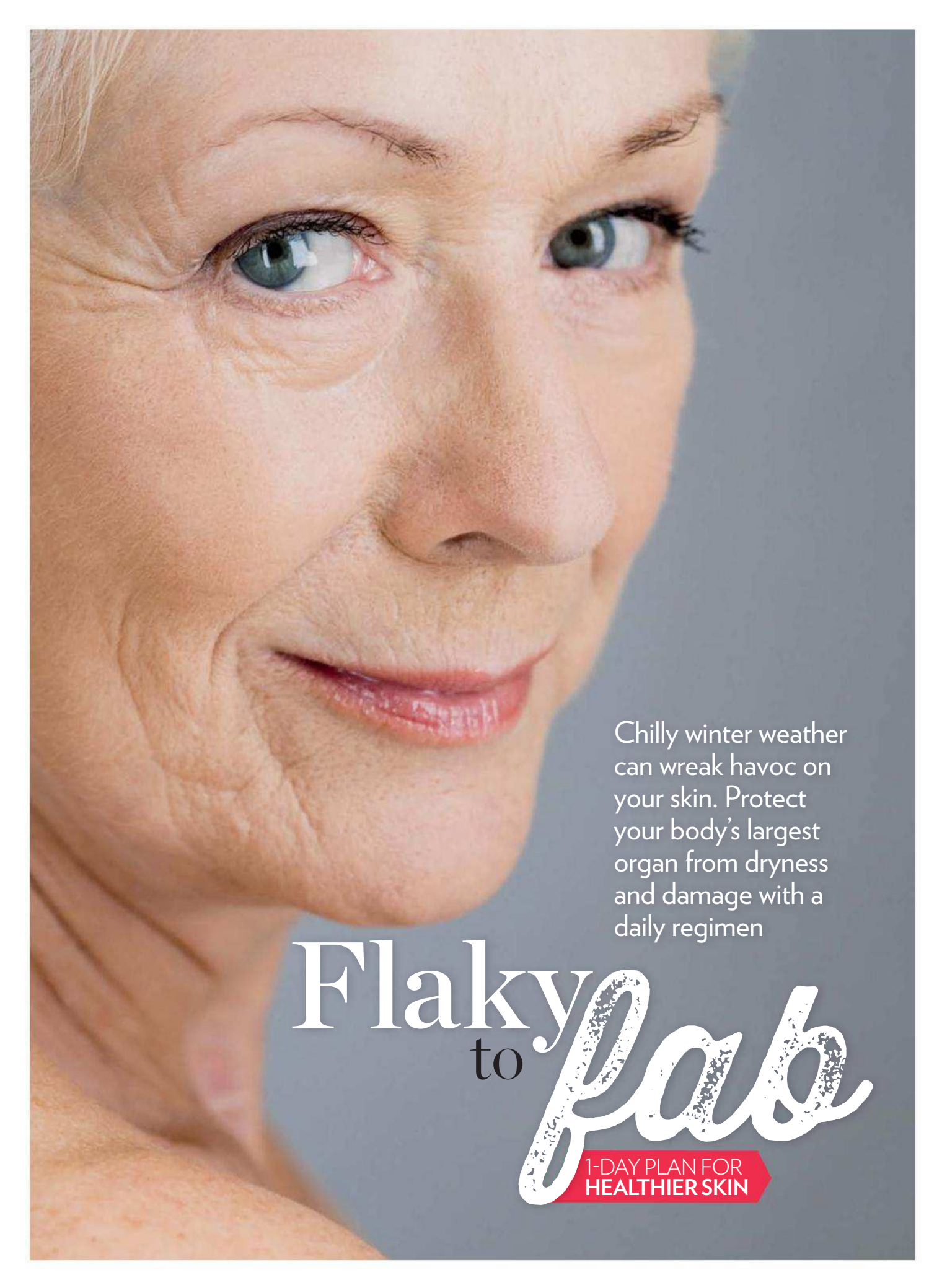
How to do it: Stand with your weight evenly balanced between both legs. Lift one leg and, with your eyes open, clock how long you can balance, up to one minute. Your goal? Twenty seconds or more.

BOWEL CANCER SCREENING AT HOME

About 80 Australians die of bowel cancer every week. If detected early, as many as 90 per cent of cases can be treated successfully. The National Bowel Cancer Screening Program (introduced in 2006) offers a free bowel cancer screening kit to help save lives.

What is it? If you're aged 50-74; have Medicare Entitlement as either an Australian citizen, migrant or are registered as a Department of Veterans Affairs (DVA) customer; have a mailing address in Australia; and are not a temporary resident, conditional migrant or a Reciprocal Health Care Agreement recipient, you may be eligible to receive a free testing kit – that's quick and easy, and can be completed in the privacy of your own home.

Does it work? Yes. This is the best way to detect bowel cancer early as it can often develop without any symptoms. Evidence shows that regular screening (every two years) can reduce deaths by 15-25 per cent; and through early detection up to 90 per cent of cases can be successfully treated. ■

A close-up, high-resolution portrait of an older woman's face, focusing on the skin texture. Her eyes are light blue, and she has a gentle smile. The skin shows signs of aging, with visible wrinkles and fine lines, particularly around the eyes and mouth. The background is a solid, muted grey.

Chilly winter weather
can wreak havoc on
your skin. Protect
your body's largest
organ from dryness
and damage with a
daily regimen

Flaky to *fab*

1-DAY PLAN FOR
HEALTHIER SKIN

DAILY SKINCARE ROUTINE

Morning

- **Keep it cool.** Skip scalding showers or baths for warm or tepid temps. Hot water can really dry and irritate your skin.
- **Use simple ingredients.** That means a fragrance-free moisturising soap for sensitive skin (fragrances are bad news for skin). Also, you don't need to soap everywhere every day, just stinky areas such as underarms.
- **Towel off.** Leave your body a little damp – leftover water locks in moisture. Then apply a cream or lotion everywhere but between your toes, which is prone to fungal infections.

SMART STEP:

*Lower legs dry and scaly?
Grab moisturiser that contains
lactic acid, which pulls more
moisture into the skin and
sloughs away dryness.*

Mirror check

- **Cover your face** with SPF 30 or higher to protect against sunburn. Reapply as needed.
- **Pucker up.** Protect your kisser, too. Use a petroleum jelly or shea butter-base lip balm with SPF 15 or higher.
- **Give hands extra love.** Use moisturising cream and gloves to protect those overexposed hands from wind and weather.

Daytime

- **Apply again.** And again. Frequent hand washing is so drying. Stash lotion or hand cream in your desk, purse or car and use it all day.
- **Stay hydrated.** Just like the rest of your organs, your skin needs water to function well. So make sure you carry a reusable water bottle and remember to fill it up frequently.
- **Resist the itch.** Scratching dry skin encourages infection. Instead, apply lotion made with aloe vera or shea butter.
- **Manage your blood glucose.** High glucose levels make you lose fluids faster, which leads to dry skin and other issues such as blisters and rashes.

Evening

- Crank up a humidifier to add moisture to the air at home.

Before bed

- **Moisturise feet.** Dry, cracked heels are prone to infection – slather on cream.
- **Check your entire body** for cuts, sores and dry spots. Treat minor scrapes at home, but show deeper wounds to a health care provider. If dry skin persists beyond two weeks, call a dermatologist to make an appointment. ■

**OUR
TOP PICKS**
Find these diabetes-
friendly lotions at your
local pharmacy or
chemist.

1 ALL-DAY AHHH

Nourish and condition dry chapped skin while increasing moisture levels. **Plunkett's NS Extra Dry Skin Moisturiser**, \$17.50

2 RESTORATIVE

Repair, moisturise and protect your skin, with this powerful cream suitable for dry skin. **Nature's Gold Therapeutic Skin Cream with Medicinal Manuka Honey**, from \$12.95

3 FOOT CARE

Clinically tested to hydrate dry and cracked heels and feet. **Dermal Therapy Heel Balm Platinum**, \$13.95



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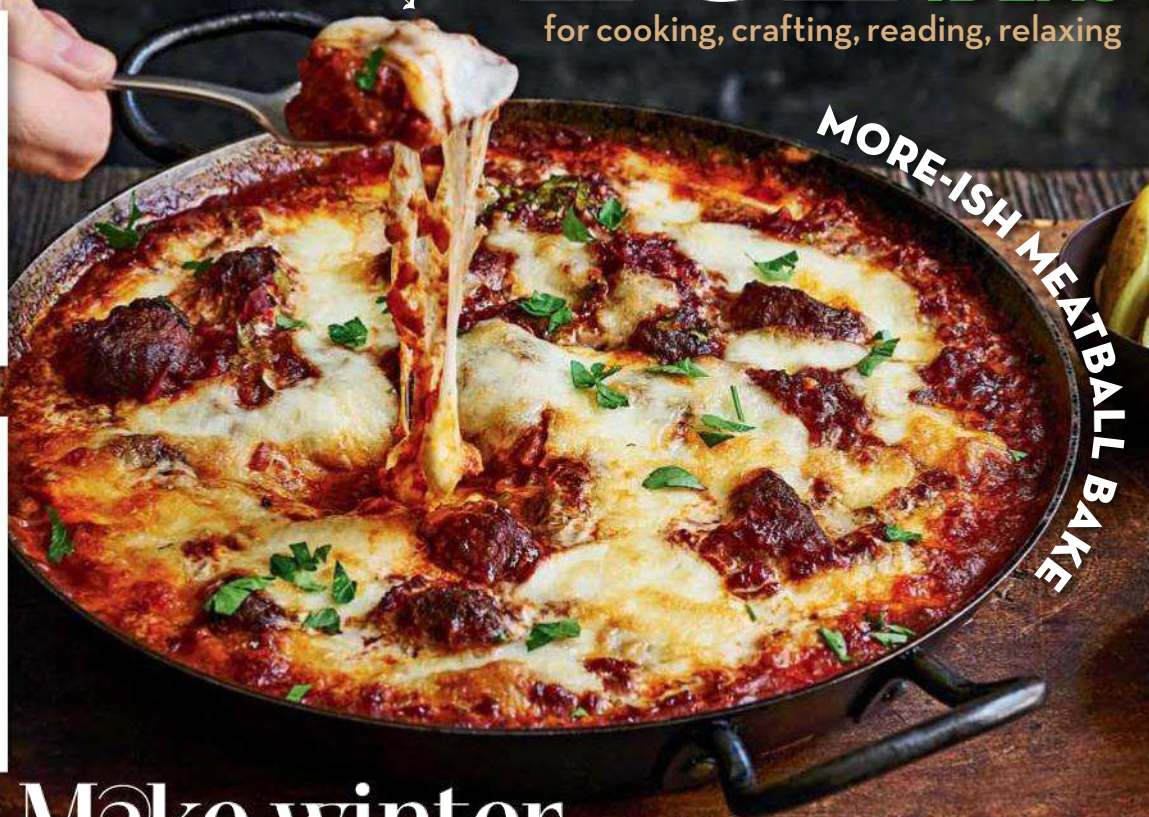
GREAT MAKES



TASTY TREATS



FAB FEATURES



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* warming desserts * easy crochet * a modern quilt

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10 WAYS TO *avoid* complications

Tight glucose control will help protect you in each of these areas from the damage of complications

1 Heart

Diabetes can damage blood vessels and lead to heart attack or stroke.

To protect your ticker, ensure that you get your daily servings of fruits and veggies, whole grains, and healthy fats from nuts, olive oil, and fish. Lose weight if you need to and raise your heart rate with exercise for at least 150 minutes per week, with activities such as walking or swimming. If necessary, your doc might put you on blood pressure and lipid-improving meds.

Get checked:
Visit your doctor for a yearly blood test to check kidney function

2 Kidneys

Because uncontrolled blood sugars break down the smallest blood vessels in the body, the kidneys are particularly at risk – their tiny vessels do a lot of heavy lifting to eliminate toxic waste from your body. Keeping blood glucose under control prevents kidney disease. ➤

management

3 *Cholesterol*

If your glucose numbers are high, your cholesterol numbers tend to be off, too. Need to correct yours? Focus on fibre, exercise regularly, limit fried and processed foods, and eat healthy fats such as almonds, fish and avocado in moderation. If needed, your doctor may put you on cholesterol-lowering meds, such as statins.



4 *Mind and spirit*

You deal with a lot of stress, and that can bring on depression. If you're feeling hopeless, sad or angry for more than two weeks, talk to your doctor. Depression medication or talk therapy can help.

In the meantime, try meditation or yoga to relax. Even going for a short walk may make you feel better.



5 *Eyes*

Years of high blood glucose levels can cause the small blood vessels in your retina (the "seeing" part of the eye) to bleed, which can detach it and cause blindness – so it's important to maintain tight control. Note vision changes, such as floating specks, and get a yearly dilated eye exam.

6 *Gums*

Chronic high blood glucose can cause gum disease and dental issues, so see a dentist every six months and report any bleeding, tender or red gums, as well as bad breath. Brush for at least two minutes twice a day and floss.





7 Nerves

Too much glucose in the blood over time damages and kills nerve cells, causing neuropathy – most commonly peripheral (pain, weakness, numbness). Follow your treatment plan to control blood sugar levels. It helps.

8 Limbs

It's hard for some PWDs' feet to heal due to poor circulation, so a small wound or untreated sore can lead to a deep injury that doesn't get better, which may then lead to amputation. Check your feet with a mirror regularly and report any issues to your provider immediately.



10 Skin

Chronic high BGLs causes your body to lose fluids at a faster rate, leading to dry skin. Skin can also become dry when nerves are damaged and don't get the message to sweat. Keep skin clean, dry and moisturised (avoid moisturising between your toes) and use sunscreen. Keep showers warm, not hot – this may cause dryness and cracking. Report any problems to your doctor.

DID YOU KNOW?
Your hands are exposed to a lot. Give them extra attention with a moisturising hand cream.



Those BP numbers

9 Too much sodium in the bloodstream can lead to high blood pressure. Although there's a genetic component to high blood pressure, you can help your body by avoiding table salt (fresh herbs are a tasty alternative) and limiting processed foods, convenience foods and fast foods – they usually contain staggering amounts of sodium.

KNOW YOUR NUMBERS

Keeping blood glucose under control is key to preventing diabetes complications. Work with your healthcare team to set goals that are right for you.

TYPE 1 DIABETES

Target levels	4-8mmol/L before meals <10mmol/L two hours after starting meals
---------------	--

TYPE 2 DIABETES

Target levels	6-8mmol/L before meals 6-10mmol/L two hours after starting meals
---------------	---

People with type 2 diabetes who are not taking sulphonylurea medication or insulin could aim for a blood glucose as close to normal as possible.

Risk of hypoglycaemia for both type 1 and type 2 (low blood glucose)	Less than 4mmol/L if insulin or certain types of tablets are used, but does not apply to all tablets or for people who do not take any tablets for diabetes. Check with your doctor what applies to you. ■
--	--

mind your **MEDICATION**

Make sure you know what you're taking and how it could affect your diabetes

▶▶ When you're sick, your body releases stress hormones that naturally raise your blood glucose levels and can prevent insulin from properly lowering them. So, the golden rule for anyone with diabetes is to test your glucose levels every 2-4 hours and monitor for ketones*.

"The best medicine for colds and flu is plenty of rest, keep hydrated and monitor your temperature and blood sugar levels," says endocrinologist Dr Sultan Linjawi. Some over-the-counter cold and flu medications may contain added (or extra) sugar that can have an effect on blood glucose levels (BGLs). We have outlined the most common ingredients and products that you should be aware of.

COUGH SYRUP & LOZENGES

We're sure you've asked "regular or sugar-free?" Although sugar-free is better for you, the extent of an effect cough syrup and lozenges have on your BGLs strongly relates to the dosage and number of doses daily.

If your illness causes your BGLs to rise, treating it with a syrup is only going to make it worse. Many syrups and lozenges may contain added sugars – and multi-symptom syrups may also contain decongestants. Make

sure you double (and even triple) check the labels before buying.

PSEUDOEPHEDRINE & PHENYLEPHRINE

Decongestants containing pseudoephedrine or phenylephrine are used to reduce nasal congestion and pressure. These can raise both your BGLs and blood pressure, as they cause your body to release stored sugars into your bloodstream.

CAFFEINE

Products ranging from coffee, tea and soft drink, right through to pseudoephedrine, are all best avoided when sick. This is due to the adrenergic (caffeine-like) effects, which causes your blood pressure to increase, accelerates your heart rate, and heightens your anxiety and/or nervousness.

ASPIRIN

Medications that contain aspirin are also known to lower your BGLs, while those containing steroids (or corticosteroids) can elevate your BGLs by decreasing the effectiveness of your insulin. ■

**What are ketones?*

When you're sick high BGLs can increase your risk of developing ketones.

The body breaks down fat as an alternative source of energy, when there isn't enough insulin in your body to encourage glucose to enter cells; as a result, this process produces ketones, which are toxic to the body in large amounts. A build-up of ketones can lead to diabetic ketoacidosis (high levels of glucose and ketones).

Consult with your healthcare team before starting any medication and have a sick day plan at the ready.



need to know

GET TO KNOW YOUR *carbs*

Been watching your carb portions but still having difficulty managing your blood glucose levels? You may be choosing poor-quality carbs. *DL* dietitian *Shannon Lavery* explains...

▶▶ Watching your carbohydrate portions is just one aspect of managing your blood glucose levels (BGLs). The quality of carbohydrate you choose is just as important!

A crucial component of this carbohydrate quality is the glycaemic index (GI) – that is, the value given to carbohydrate-containing foods according to how quickly the body will break them down and release glucose into the blood.

A high GI food (GI value greater than 70) will break down quickly, causing a spike in BGLs and energy levels that drop off quickly, often leaving you feeling low on energy and also hungry.

Low GI foods (GI value less than 55) are preferable as the body takes longer to break these foods down and therefore releases glucose into your blood over a longer period of time. This helps manage your BGLs by avoiding spikes and provides ▶

need to know

DID YOU KNOW

Following a healthy low GI diet has not only been shown to help manage your blood glucose levels, it has also been shown to help manage body weight and reduce the risk of type 2 diabetes, heart disease and some cancers.

you with sustained energy and feelings of being full across a longer period of time.

When it comes to recipes and prepared meals, the method and duration of cooking, as well as the storing and temperature of the food, can impact the GI value by altering the carbohydrate composition. So always be sure to follow the instructions, as overcooking some foods, such as pasta or potatoes, can increase the GI value, while cooking pasta al dente or cooling potatoes prior to eating can reduce the GI value.

The GI value of a food or meal is influenced by several other factors. For example, the higher the fibre, protein or fat content and/or acidity of a food or meal the slower the digestion rate and/or emptying of the stomach,

Low
= GI value of 55 or less

Medium
= GI value of 56-69

High
= GI value of 70 or more

Look out for packaged foods that carry the **GI symbol**.

These foods have been tested and proven to be low GI, plus they meet the nutrient criteria set by the Glycemic Index Foundation.



causing a slower release of glucose into the bloodstream and therefore a lower GI rating.

It can therefore be quite tricky to determine the GI of a food or meal that has not been properly tested or analysed.

When in the supermarket, look out for packaged foods that carry the low GI symbol as an easy way of finding nutritious low GI foods. These foods have been tested and proven to be low GI, plus they meet the strict nutrient criteria set by the Glycemic Index Foundation.

Of course not all high GI carbohydrates are necessarily unhealthy to eat, just as not all low GI carbohydrates are healthy to eat on a regular basis.

MAKE THE SWITCH

Swap your high GI carbohydrate foods and drinks for healthier lower GI options.

It is always important to consider the overall nutritional value of the food – that is, is it low in fat, especially saturated fat; is it high in fibre and whole grains; is it low in sodium; and does it contain essential vitamins and minerals?

Aim to include at least one healthy low GI food at each meal or snack. By combining a low GI food with a high GI food you will achieve an overall medium glycaemic effect. And remember to choose portions that meet your individual needs, as too much of any carbohydrate, regardless of its GI value, can cause BGLs to rise too high. ■

For further details on glycaemic index visit gisymbol.com.

HIGH GI CARBOHYDRATES



SWAP Crumpets, white bread



SWAP Jasmine, Arborio, Calrose rice



SWAP Cornflakes, quick oats



SWAP Watermelon, rockmelon, lychees



SWAP Rice milk



SWAP Broad beans



SWAP Potato



SWAP Rice crackers, pretzels, crispbreads, water crackers

HEALTHIER LOWER GI CARBOHYDRATES



FOR Multigrain bread, fruit loaf



FOR Quinoa, Basmati or Doongara rice, pearl barley



FOR Rolled oats, bran-based cereals, natural muesli



FOR Apples, peaches, plums, pears, grapes, oranges



FOR Yoghurt, dairy milk, soy milk,



FOR Lentils, red kidney beans, chickpeas, baked beans



FOR Orange sweet potato, Carisma potatoes



FOR Ryvita, Vita-Weat, oatmeal biscuits

27 *ways to* **BOOST YOUR ENERGY**

Get up and go with these fatigue-fighting strategies. Try a tip a day and in no time at all you'll be full speed ahead



Morning

1 See the light

Crack the curtains before bedtime to let the sun shine in when it rises, and open the blinds as soon as your alarm goes off. Daylight signals your biological clock to stop producing melatonin, the hormone that makes you sleepy, says Judith Wurtman, co-author of *The Serotonin Solution* (Ballantine). If your family's schedule means you get up when it's still dark, consider buying an alarm clock like a Wake-Up Light, which simulates dawn by gradually lightening the room.

2 LOOK AT SOMETHING BRIGHT

Warm tones such as red, orange and yellow remind you of the sun, evoking feelings of alertness, says

Leatrice Eiseman, executive director of the Pantone Color Institute. Choose a vibrantly coloured alarm clock or slip on a pair of yellow socks – even drinking a glass of orange juice will give you a lift.



3 Chill out

End showers with a cold-water blast. Trainer Jim Karas, co-author of *The 7 Day Energy Surge* (Rodale), says skin is much more receptive to the cold. "I call it my personal electric shock," he says.

4

USE A BODY LOTION WITH JASMINE

The floral scent increases your beta brain waves and makes you feel awake, says Alan Hirsch, founder and neurological director of the Smell & Taste Treatment and Research Foundation in Chicago.

5 Rise & shine

Try to get outside within 15 minutes of waking for a 20-minute walk. Wurtman suggests facing east for the strongest sunlight. If possible, arrange your kitchen so the table is near a window to shed some light on your daily breakfast routine. On weekends read on your verandah.

6

BECOME A CEREAL MONOGAMIST

People who ate a high-fibre cereal in the morning showed a 10 per cent reduction in fatigue, as well as lower rates of depression and better cognitive skills, according to a study in the *International Journal of Food Sciences and Nutrition*. Soluble fibre is a prebiotic that feeds friendly bacteria in your gut, expelling toxins from your body and helping you absorb more nutrients. Look for a cereal with at least 10g of fibre per serving, such as Woolworths Select High Fibre Bran.

7 Caffeine right

Pounding too much coffee in the early hours can give you a temporary lift, followed by the feeling that you need a nap. For staying power, sip your coffee throughout the morning. The US Army Research Institute of Environmental Medicine found that mini servings of caffeine (240ml of coffee or less over the span of a few hours) kept people awake longer than one jumbo serving. ➤



Daytime

8 KNOW THYSELF

In general, energy is low after waking, peaks about 11am-1pm, drops from 3-5pm and then lifts again from 6-7pm. Its lowest point is before bedtime (about 11pm for most people), says Dr Jacob Teitelbaum, the author of *From Fatigued to Fantastic* (Avery). So plan your most difficult tasks when you have energy to burn, then switch to easier projects as your concentration wanes.

9 Stroll with it

A brisk, 10-minute walk gives you oomph and reduces anxiety, say researchers from California State University. Walking boosts not only your brain but also your metabolism and cardiovascular system. In contrast, volunteers who ate a chocolate bar were tense and exhausted an hour later. To log more steps, loop around the block during lunch or park your car further away from store entrances.

10 STRAIGHTEN UP

Poor posture puts uneven pressure on your spine and makes muscles work extra hard, draining energy. Sit tall to open the chest and increase oxygen intake by as much as 30 per cent, says Dr Teitelbaum. To improve posture, imagine someone pulling up an invisible string tied to your head.



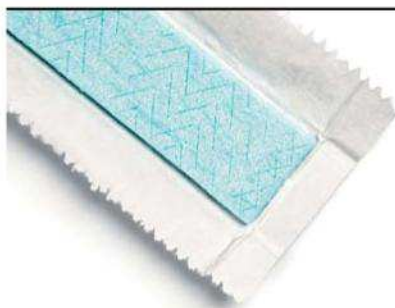
11 Groove to it

Volunteers completed cognitive tests 10 per cent faster while listening to up-tempo music (no lyrics), compared with silence, a study from Ohio's University of Dayton found. Research suggests music also reduces anxiety and stress and lowers blood pressure.

13 GET FIT QUICK

Karas tells his clients to squeeze in fitness moments to counter the enervating effects of sitting all day. "When we're seated, the body shuts down, increasing risk of disease," he says. Stand while on the phone, or try this slow squat to tone the lower body: Rise from chair, shift your weight to your heels, engage your abs and, with your arms in front of you, sink slowly until your butt taps the chair. Repeat 10 times.

12 POP A PEPPERMINT



Sniffing mint or chewing mint gum stimulates the trigeminal nerve, which increases activity in the area of the brain that controls alertness, say researchers at Chicago's Smell & Taste Treatment Foundation.



14

TAME TECHNOLOGY

Incoming phone calls and emails keep us in fight-or-flight mode. Constant adrenaline hits with each call or email wear people down over time, says Noelle Chesley, assistant sociology professor at the University of Wisconsin. Her research reveals that mobile phones are particularly stressful for women, especially when family-related calls interrupt work. For non-emergencies, request a text. Or trade days off with your spouse.

15

SAY NO TO MULTI-TASKING

Are you texting and chatting on the phone while reading this? Tackling one thing at a time is more efficient, says Chesley. The human brain isn't designed to multi-task, and while you may think you are successfully juggling projects, you're actually switching from one to the next. The back-and-forth forces you to re-orient yourself to a "new" task over and over.

16

Go green

Workers' productivity is increased by 15 per cent through adding plants to their desks or a nature screensaver, concludes a study by Cardiff University's School of Psychology.



17

TAKE MINI BREAKS

Set an alarm on your computer to remind you to get up every hour and move around, suggests Dr Teitelbaum. Deliver messages to co-workers in person rather than via an email or phone call. Snack on low-fat foods, such as popcorn, pretzels, crackers, or a low-fat muesli bar, for the quickest serotonin hit.

18

EAT CARBS

Dips in serotonin between 3pm and 5pm can lower energy and mood, says Wurtman. But a snack – with an appropriate amount of carbohydrates to meet your individual requirements – can boost your energy levels to get you through to dinner.

Evening

19

INDULGE IN DARK CHOCOLATE

The sweet stuff has phenethylamine in it, which improves mood and attention span, says celeb nutritionist Ashley Koff. Serve a dark chocolate fondue or a dark hot chocolate for dessert – but not too much, since you will also get the stimulants theobromine and caffeine.

20

Retreat to a calm space

Decorate your bedroom with blues and greens found in nature (like sky blue or pine green) as your mind links these colours with relaxation. Steer clear of stimulating reds, oranges and yellow-greens on bedroom walls or linens, says Pantone's Eiseman. These can make it difficult to fall asleep, zapping the next day's energy. ➤



21 **TURN YOUR COMPUTER OFF...**

... and your smartphone. And your e-reader. Bright light (like the kind emitted by electronic gizmos) increases brain activity and makes it harder to snooze, says Karas. Shut down about an hour before bedtime and turn the face of your alarm clock away from you. (Winding down with the TV is OK since you're usually sitting a metre or more away.)

22 **STRATEGISE YOUR SLEEP**

No excuses – aim for 7-8 hours nightly, says Karas. To stay on your sleeping schedule, go to bed (and get up) at about the same time every day – give or take 30 minutes – even on the weekends.

23 **LATHER IN LAVENDER**

The scent increases alpha waves that induce relaxation, says the Smell & Taste Treatment and Research Foundation. Vanilla and baby powder might also have a similar calming effect. Try a combo of these aromas in a lotion or bubble bath to help you fall asleep faster.

Anytime

24 **STRIKE A POSE**

People who followed an eight-week yoga and meditation program experienced a significant increase in daily energy. Yoga can also increase momentary clarity. Doing simple stretches – you don't even have to get out of your chair – can have a similar Zen effect, say researchers.

25 *Meditate for three minutes*

No ohm-ing required. Sit in a quiet place (the bathroom works in a pinch) and focus on your breathing to get endorphins flowing, suggests Dr Teitelbaum. If your mind wanders, think of a single word (like "one"). Inhale deeply and slowly, forcing oxygen into your cells.



26 **TAKE A DRINK**



Dehydration causes the cells in your body to shrink and function less efficiently, says Koff. Combat fatigue by sipping water with a squeeze of citrus – the fragrance of orange, lemon and grapefruit are energising. Or jazz up H₂O with ice cubes made with coconut water, frozen fruit or herbs.



STEALTH ENERGY ZAPPERS

These sneaky saboteurs might be dragging you down:

LOW THYROID

About two in every 100 Australian women suffer from low levels of thyroid hormones. If you've gained weight, feel tired and achy, and can't tolerate cold (seriously), ask your doctor to test your levels.

FOOD ALLERGIES

Common allergies to gluten, sugar, milk, soy and eggs can overwhelm your immune system and drag you down; your body needs to work harder to digest the forbidden food. If you suspect a food allergy, eliminate the above-mentioned allergens for 7-10 days and slowly reintroduce them one by one to monitor how your body responds.

MEDICATIONS

Prescription drugs such as antidepressants can contribute to fatigue. Talk to your doctor about some strategies to help overcome the lethargy.

MENSTRUAL CYCLE

Levels of progesterone drop a few days or up to a week before your period, which can lead to sluggishness.

DEPRESSION

Flagging energy is a classic sign. Discuss with a doctor if it's accompanied by a loss of interest in normal activities or hobbies, sleeping problems, feelings of sadness, changes in appetite or slow thinking.

27 *Move it*

In one Austrian study of 40,000 women, the more physical activity they did, the more energised they reportedly felt. Researchers suggest that exercise stimulates neurotransmitters such as dopamine, which may enhance liveliness. Aim for 20-40 minutes of cardio four or five times a week. ■



BEHIND THE *scenes*

HOW PATHOLOGISTS ANALYSE YOUR TEST

» There are more than 500 pathology laboratories nationwide, but few people know what goes on inside them. These labs process tests for the 1.25 million Australians living with diabetes. For every diabetes test performed, at least 10 people are involved, including collectors, couriers, medical scientists, technicians, IT specialists, registrars and pathologists.

“Diabetes is defined by pathology tests,” says Pathology Awareness Australia ambassador, Associate Professor Graham Jones.

“We have no other tools to see if we’re winning against the condition. Trying to manage diabetes without pathology is like trying to drive a car without a steering wheel!”

It is recommended that people with diabetes have regular haemoglobin A1c blood tests, which indicate the level of long-term blood sugar control. The term haemoglobin A1c (HbA1c) refers to glycated haemoglobin. This develops when haemoglobin, a protein within red blood cells, joins with glucose in the blood, becoming ‘glycated’.

By measuring HbA1c, clinicians can get an overall picture of the average blood glucose levels over a three-month period.

Understanding your HbA1c levels can help you to manage diabetes by choosing the best treatments to optimise your blood glucose levels.

Taking proactive action on regular HbA1c results can also

help reduce your risk of health complications.

Unlike the fasting glucose test, there is no need to fast before a HbA1c test. The ingestion of glucose before the test has no impact on the result, and there is no waiting time involved. The convenience and reliability of HbA1c testing makes it easier to screen those at risk of diabetes and provides the opportunity for early diagnosis and intervention.

Here, Jones explains the journey of an HbA1c test.

SAMPLE COLLECTION

This is the only part of pathology that is seen by the public. Phlebotomists, more commonly known as collectors, are trained to accurately collect and store patients’

SAMPLE COLLECTION



SAMPLE DELIVERY

samples and to provide the correct paperwork with each one. Speed is essential given how many people can attend a collection centre at any one time. Collectors outside of hospitals often work to courier schedules, so processing the samples to get them to the lab quickly is vital.

SPECIMEN DELIVERY

A special courier transports your test sample to the lab, making sure it is kept at the right temperature and that

it arrives within a suitable timeframe. On arrival in the lab the staff at specimen reception ensure it is distributed to the correct department. Due to the high volume of samples delivered daily, staff at reception can be on duty 24/7.

SORTING

It is important that samples are inserted into the correct tube. With glucose tests, for example, the blood cells in the collection tube are hungry ➤

Who is Prof. Jones?

Associate Professor Graham Jones is one of Australia's foremost experts in diabetes testing. He graduated in Medicine from Sydney University with breaks to gain a BSc(Med) from Sydney and a DPhil from Oxford University. After training at Royal Prince Alfred and Royal North Shore hospitals he gained his Fellowships with the Royal College of Pathologists of Australasia and Australasian Association of Clinical Biochemists in 1996. Graham has been a staff specialist in Chemical Pathology at St Vincent's hospital since 1997.



need to know

and “eat” glucose. This can lower glucose levels, leading to an inaccurate reading. Samples should be kept in grey-top tubes which block glucose use, or in a tube that can create a barrier between the glucose and the blood cells.

HIGH PRESSURE LIQUID CHROMATOGRAPHY

A medical scientist uses high pressure liquid chromatography (HPLC) to measure the HbA1c in your blood. The blood sample is mixed with special liquids called reagents, and then passed under pressure through columns filled with a material that separates the blood into its component molecules.

HbA1c occurs when glucose binds to haemoglobin. These molecules differ in size and electrical charge from the other blood molecules, so they can be separated.

The machine then calculates a percentage of how much haemoglobin in the blood is made up of HbA1c. This process can be completed within 30 seconds.

There is no need to fast before having an HbA1c test

RESULTS AND REPORTING

The test results are reviewed, and a report is prepared.

Patient details such as age and sex are important in deciding whether a test result is normal.

Other health conditions can also affect HbA1c results, including pregnancy, severe kidney and liver disease, as well as iron deficiency and certain blood disorders.

The possibility of medical conditions that interfere with test results must be considered by the pathologist in all patients with an unexpectedly low HbA1c measurement.

With HbA1c results, pathologists report two sets

of numbers; the traditional percentages, plus the new Systeme International (SI) units, which are shown as mmol/mol. These new units were developed by the International Federation of Clinical Chemistry and Laboratory Medicine (IFCC) and are sometimes referred to as IFCC units.

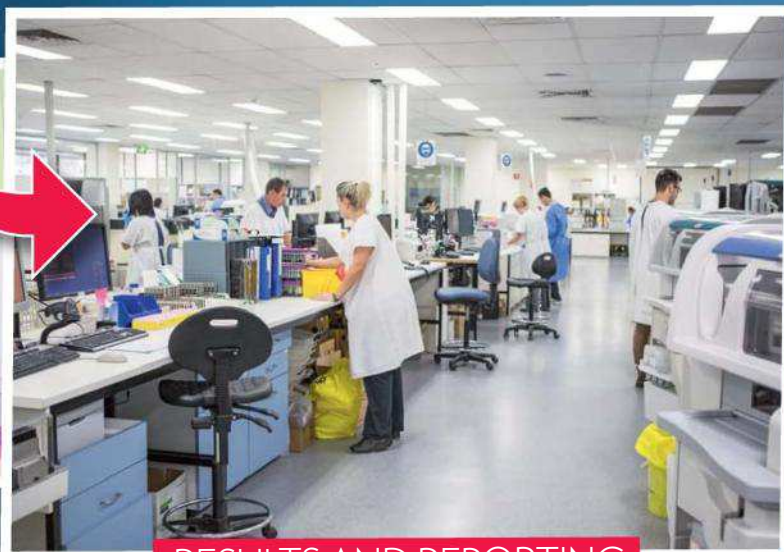
For people with diabetes, the HbA1c target to aim for is 48 mmol/mol (6.5 per cent). This is a general target and patients should be given an individual target to aim towards by their health team.

It is the pathologist's duty to oversee the entire testing process and ensure it meets Australia's high quality standards.

Although the results are provided to the patient by their doctor, pathologists are always available to answer doctors' questions about test results and advise on suitable treatment options. ■

To learn more about diabetes tests, visit Pathology Awareness Australia at knowpathology.com.au

HIGH PRESSURE LIQUID CHROMATOGRAPHY



RESULTS AND REPORTING

Kids THESE DAYS



Young family members at the dinner table might be able to teach you a thing or two about food

▶▶ You may avoid politics and religion at the dinner table but when it comes to food, the beliefs of 20- and 30-somethings may catch you off guard.

Instead of just dismissing millennials, consider that behind the buzzwords lurk concepts that may help manage your diabetes. ▶



WHOLE30 & PALEO

Whole30 commits you to 30 days of eating nothing processed, no added sugar (real or artificial) and no grains, dairy, legumes or alcohol. With Paleo, meat, fish, eggs, veggies, fruits and nuts are on the menu. Like Whole30, Paleo allows only unprocessed foods, but it has less stringent rules. For instance, an almond flour muffin gets a Paleo thumbs-up, but Whole30 nixes it.

"You're forced to be more creative with your meals," says Laura Cipullo, author of *Everyday Diabetes Meals: Cooking for One or Two* (Robert Rose, 2017). "Like zucchini noodles – they're a substitute for pasta." This can have positive effects on blood glucose levels (BGLs).

However, the restrictive nature of these diets can be a burden for people with diabetes. Don't feel like you need to follow all the rules.

* USE THIS

With a focus on vegetables and protein, these plans allow foods that are generally good for people with diabetes.

* IGNORE THIS

Don't take restrictions too seriously. Remember, you need some carbohydrate to keep blood sugar stable.

***USE THIS**

Cook from scratch! Start with whole, minimally processed ingredients like fresh fruits and veggies, beans and legumes.

***IGNORE THIS**

There's no need to go overboard seeking out 'clean' foods.

CLEAN EATING

People who eat 'clean' focus on whole ingredients, mostly homemade, ideally organic or sustainable, without any additives or preservatives. Unlike Whole30 and Paleo, no food groups are off-limits. This concept also boasts an environmental benefit: by eating chemical-free foods, you're leaving a smaller carbon footprint.

If you lived through the space age, you might consider things like artificial sweeteners a health boon. "My grandmother has type 2 diabetes, and she won't hear anything bad about Splenda," says 29-year-old food writer Cara Strickland. "And she relies so much on processed foods." But millennials seek to save the planet and their own health – they see this back-to-basics approach as a way to do both.

Try replacing some of your favourite processed foods with homemade versions, such as making a batch of dinners for the week and freezing them or whipping up your own muesli bars. ➤

3 millennial trends to skip

1 Over-the-top food mashups

Wacky inventions like ramen burgers (burgers where the buns are made of instant noodles) might sound appealing – we said might – but they're usually more flash than substance.

2 Kombucha

The sweetened, fermented tea beverage promises numerous health benefits, but the jury's out on whether it delivers. "I don't encourage prepared kombucha for people with diabetes," says dietitian Laura Cipullo.

3 Juicing

You already know that a big glass of juice can spike your blood glucose. Focus on getting your fruits and vegetables in other tasty ways.

*** USE THIS**

Seeking out organic or sustainable foods may help leave behind a healthier planet for your descendants.

*** IGNORE THIS**

Altruism and assets don't always mesh, and organic food isn't necessarily more nutritious. Organic or not – eat your fruits and vegetables.

ORGANIC & SUSTAINABLE

These words are thrown around a lot, but basically they mean eating foods based on ethical and environmental concerns: produce grown without pesticides; animal protein from livestock raised humanely; wild-caught or sustainably farmed fish. Ethics and economics combined – millennials want to protect the earth and its inhabitants. “People my age ask about the origins of things, if it was sustainably treated,” says Jenny Dorsey, a 27-year-old chef whose grandfather has type 2 diabetes. “We’re focusing on the value – it transcends the actual thing we’re eating.”

WORDS DEBBIE KOENIG PHOTOGRAPHY BLAINE MOATS STYLING JENNIFER PETERSON BEAUTY KELSI ZIEMANN WARDROBE LINDSAY BERGER

LOCAVORISM

Think of this as simply eating locally. Locavores aim to eat mostly food that's grown within a certain distance from home, usually from small farms and producers. Forget midwinter blueberries from halfway around the world – you're aiming to save the environment and support local businesses while also enjoying foods at their peak.

"For me, it's about what's at the farmers' market that week," Strickland says. "When we eat out together, my grandmother prefers chain restaurants, but I'm really sceptical of the ways they source their ingredients."

Bottom line: locavorism encourages you to eat nutritious foods like fresh fruits, vegetables and lean meats, all of which can help with blood sugar control, Sheth says. ■

*USE THIS

Plant a patio pot with your favourite herbs and vegetables and browse the farmers market for low-cost produce.

*IGNORE THIS

Consider locavorism a suggestion rather than a rule.





▶▶ After years spent losing and regaining weight, Michelle

Wesener has lost 30kg and kept it off for two years. Rather than exercising and dieting, she has changed her lifestyle so walking and healthy eating have become a natural part of her every day.

TYPE 2

When were you diagnosed with type 2?

It was about 20 years ago, when I was in my late 30s. My mother was also type 2, so I think it was in our genes. I didn't have any diabetes symptoms when I went to the doctor. I was diagnosed after a routine check-up.

I was morbidly obese at the time. I felt very self-conscious and wouldn't get on a scale unless I really had to. I'm 172cm tall and weighed about 100kg. But I was fairly fit. A couple of weeks before I was diagnosed I ran two half marathons over a six-week period. Luckily for me, my diabetes has been well controlled, and I only had to start Metformin in the last eight years or so.

Did you change anything after your diagnosis?

I always had a fairly healthy diet. The main issue for me was portion sizes. I lost some weight through the stress of treatment for breast cancer, my marriage ending and probably also from being depressed. But the cancer diagnosis was life-changing as I decided to live every moment. I knew that wasn't going to happen unless I looked after myself better and lost weight.

Once I was well enough, I went back to the gym a couple of times a week to do a weights program that was designed for me. I also stuck to a low-fat, low-sugar diet,

LIFE is good

From weigh-ins to walking, Michelle Wesener carved out her own path to better health



ABOVE: Michelle in May 2017.
FAR RIGHT: Michelle with her sister Sharen Haynes and niece Kaitlyn Haynes in May 2017.



but my weight kept fluctuating. I got down to about 90kg, but then I ended up back at 100kg. What I still didn't realise was that I was still eating too much.

What was the key to keeping the weight off?

I've realised that you don't just lose weight, and that's it; you have to change your diet and exercise to be something you can continue for the rest of your life. So, I started walking to work and back. It's about 2.5km each way, and then there's extra incidental exercise that I get through moving around at work. I can get 10,000 steps in before morning tea! I really enjoy being in the fresh air. It's a good way to start and end the day.

About two years ago, Weight Watchers also got me into the right headspace for cutting portion sizes, particularly with bread and pasta. A friend came to weigh-ins, which really helped – I needed that accountability.

I got down to 82kg and enjoyed being smaller, so that has helped motivate me not to put the weight back on. Slowly I reached

my current weight of 75kg, which is still a couple of kilos above my goal. But, I've lost nearly 30kg and I've kept that weight off, so I'm very happy with that effort. I think part of my success this time around is that I've done it for me, not for anyone else.

What do your daily meals look like now?

In the past, when I had rice with a curry, I probably would have a few cups of white rice, but now I'll only have half a cup of brown rice. I also limit bread to two slices of multigrain every second or third day.

During summer I take salads for lunch, with some low-fat feta cheese and skinless chicken, or a little tin of tuna. In winter I take soups, which I make with vegies, some stock and a bit of red or green curry paste. I make them in bulk and stick them in the freezer.

I adapt standard recipes, so if I'm making an apple crumble I wouldn't put any sugar into the apple and I'd put less into the crumble. I'd probably add more oats, too, for fibre.

I also cook things like rissoles in the oven now, just on baking paper with a spray of oil.

I make sure I cook myself a hot breakfast with bacon, egg, tomato and a slice of toast each weekend. I still have the occasional piece of cake or muffin. You've got to live and enjoy life. If you're going to have chocolate, go for quality!

What impact has this whole process had on how you feel about yourself?

I think women tend to look at themselves and find faults before we find something good. I still have a bit of a tummy, which is just my body shape, and I'm still learning not to see myself as a fat person. But I think that's fairly normal – I've spoken to a lot of other people who feel that way.

I'm still taking Metformin for my diabetes, but I feel fortunate that I haven't had the health struggles that some people with diabetes go through. I'm careful to do all the check-ups, so that if there is a problem I can get onto it straight away.

A few years ago, I would never have talked about my weight with anyone. Maybe it's an age thing, but I'm now happy within myself and happy with what I've achieved. Life is good. ■



Maybe it's an age thing, but I'm now happy within myself

Step Up



WALKING PLANS *for* **EVERY ABILITY**

We've got the tools to get you started on a walking plan, whether you're a beginner, a regular walker or a turbo exerciser



▶▶ No matter your fitness level, having a target to shoot for will help you to stay on track, boost your health and tone your body. “Your goal should be specific, measurable, attainable, relevant and timely (S.M.A.R.T.),” says Julia Valentour, an exercise physiologist for the American Council on Exercise. “For example, ‘I want to get in shape’ is vague, but ‘I want to be healthier by walking a half hour

seven days a week’ is SMART.”

In 2014-15, the Australian Bureau of Statistics reported that nearly one in three people aged 18-64 were insufficiently active – completing less than 150 minutes of exercise in the past week – while nearly 15 per cent of survey participants were inactive.

We've got the plans to get you started, whether you are a beginner, a regular walker or a turbo exerciser. ➤



PLAN

New to Exercise

Goal: Walk 30 minutes every day

This plan eases you into exercise, so in a matter of weeks you'll be getting the recommended amount necessary for good health – and you'll start noticing changes in your body, such as a slimmer waist and firmer legs. Focus on two walking speeds: easy (a leisurely and comfortable pace) and brisk (should make you start to sweat and breathe harder).

WEEK	X / WEEK	WALKING WORKOUT
1	3	EASY 10 mins (about 1200-1500 steps)
2	3	EASY 7 mins BRISK 5 mins TOTAL 12 mins (about 1600-1700 steps)
3	3	EASY 12-15 mins (about 1500-2000 steps)
4	3	EASY 10 mins BRISK 6 mins TOTAL 16 mins (about 2100-2500 steps)
5	4	EASY 8 mins BRISK 10 mins TOTAL 18 mins (about 2500-2800 steps)
6	5	EASY 20-25 mins (about 2600-3000 steps)
7	6	BRISK 15-20 mins (about 2300-3000 steps)
8	7	EASY 25-30 mins (about 3000-4000 steps)

This plan is perfect for Susan Furey-Soper, 46. In the past 20 years, she has earned a graduate degree, moved cross-country (and back) and given birth to three boys. "I used to run every day, but the

craziness of life has prevented me from maintaining a regular routine," says the stay-at-home mum. "Now my kids are in school, I've finally regained my sanity and want to start working out again."



GEAR TO GET YOU THERE

FITBIT FLEX 2

The average Australian takes about 7400 steps per day (Australian Bureau of Statistics, 2013), but studies show that at least 10,000 are required for good health. You'll have to walk an additional 30 minutes a day to clock those much-needed steps.

Need some extra motivation to help you reach that target?

The Fitbit Flex 2 (Fitbit Australia; \$149.95) will remind you to stay active all day long, while tracking your steps and other activities (such as distance travelled and kilojoules burned).

If you haven't hit your daily target of 10,000 steps per day by week eight of your exercise plan, tack on a nightly stroll and invite the family to come along as part of a daily activity together.

Committed

PLAN

Goal: Walk 5km

If you're already walking several times a week at a steady pace, you'll need to give your routine a nudge up to melt more fat. Power intervals (you'll walk in short bursts fast enough to make talking in full sentences difficult, and recover with periods of slower walking) will jolt your body into better shape and help prepare you to walk in your first 5km race.

WEEK	X / WEEK	WALKING WORKOUT
1	4	EASY 15-20 mins
2	4	EASY 10-15 mins BRISK 10-15 mins TOTAL 20-30 mins
3	4	EASY 15-20 mins POWER INTERVALS – POWER 30 secs and then EASY 1 min. Repeat 4-6 times EASY 3-5 mins TOTAL 24-34 mins
4	4	EASY 10-15 mins BRISK 15-20 mins TOTAL 25-35 mins
5	5	EASY 35-40 mins
6	5	EASY 10 mins BRISK 5-10 mins POWER INTERVALS — POWER 30 secs and then EASY 1 min. Repeat 6-8 times EASY 3-5 mins TOTAL 27-37 mins
7	5	EASY 15 mins BRISK 30 mins TOTAL 45 mins
8	7	EASY 45-50 mins

This plan is perfect for Amy Harris, 51, a teaching assistant, who walks almost every day. "I go with friends and we cherish the time we spend together catching up on life,"

she says. The mother of two teenage boys has never followed a walking plan or participated in an organised event and looks forward to training for her first 5km. ➤



"I feel better when I walk, both physically and psychologically"

GEAR TO GET YOU THERE

BROOKS ADRENALINE GTS 18

Keep your feet – and shins, knees and hips – happy by replacing your walking shoes every 480-800km (about six months). Changing them regularly will help prevent pain and injuries.

This Brooks model (try Athlete's Foot or Rebel Sport; \$219.95) uses a cushioning material that conforms to your foot's shape and disperses weight evenly with every step.



exercise

Mileage Machine PLAN

Goal: Set a personal best

Time how long it takes you to walk 8km – plot a route for free on the MapMyWalk app. Then aim to improve that number by 5-10 per cent using this eight-week plan. Following this program can also prepare you to walk your first 10km event.

WEEK	X / WEEK	WALKING WORKOUT
1	4	BRISK 25-30 mins
2	4	BRISK 30-35 mins
3	4	BRISK 30-35 mins
4	4	EASY 10 mins BRISK 10 mins POWER INTERVALS – POWER 1 min and then EASY 1 min. Repeat 7-10 times EASY 5 mins TOTAL 39-45 mins
5	5	BRISK 40-50 mins
6	5	EASY 10 mins BRISK 5 mins POWER 5 mins BRISK 15 mins TOTAL 35 mins
7	5	EASY 10 mins BRISK 10 mins POWER INTERVALS POWER 1 min EASY 1 min. Repeat 8-12 times EASY 5 mins TOTAL 41-49 mins
8	5	EASY 50-60 mins

This plan is perfect for Beverly Carter, 55, a social worker and mother of six, who loves making time to work out and stay healthy. “I walk four or five times a week, and I also cycle, play

racquetball and do yoga,” Beverly says. Last year she completed a 10km race in about 1 hour 40 minutes. This year, she’s hoping she can chop about 5-10 minutes from her time.



GEAR TO GET YOU THERE

FITBIT ALTA HR OR FITBIT CHARGE 2

Tracking your heart rate will discourage you from slacking off during the Brisk and Power Intervals portions.

The Fitbit Alta HR and Charge 2 (Fitbit Australia; both from \$199.95) are similar to the Fitbit Flex 2, but they both provide continuous PurePulse heart-rate tracking, alongside other benefits that will suit your needs.

PRO TIP

“All shoes are designed with a purpose in mind and should be fit for function,” says podiatrist Danielle Veldhoen. “Well fitting walking shoes help to protect your feet by providing adequate support and cushioning to help prevent painful injuries that can occur during moderate to high impact activities and help to prevent pressure areas that can result in painful corns and calluses.”



How to maintain your motivation

Three sure-fire ways to maintain your motivation as you strive toward your new goal:

1 Write it down

Keep a journal in which you describe each walk – the time, distance, if you had a walking companion and where you went. As you fill the pages, you'll be inspired to keep charging ahead towards your target.

2 Create a support system

Ask a friend with similar exercise habits to join you as you follow your plan. The encouragement you give each other will boost your chances of success. Plus, skipping a workout will be much less tempting if you know someone's counting on you.

3 Have a backup plan

Don't let a busy schedule or poor weather put a damper on your exercise. For example, if it's raining, walk at the shopping centre. Can't find someone to watch your kids? They can tag along on their bikes. ■

Feel better in 5

Big changes start with simple steps. Try these easy ideas to help improve your wellbeing

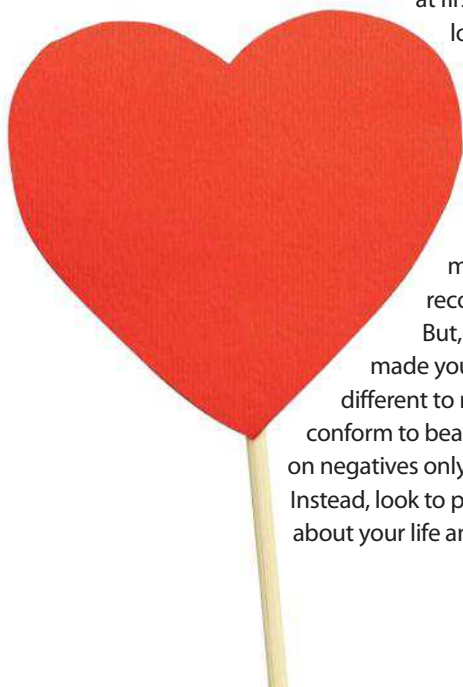
1 STOP COMPARING YOURSELF

Whether you're comparing yourself with peers, models on TV or your past self, it's not worth it. Teenage girls and young women, in particular, are more susceptible to depression and anxiety, since comparisons with what they see on social media can become second nature.

However, it's not just the young who are affected. Those who are older are more likely to notice what they've 'lost' when reflecting back on their past self. For example, a photo brings happy memories

at first, but the longer you look, the more you may note your change in appearance since then, to remember what happened before or after the shot was taken, or you may even struggle to recognise yourself.

But, remember – what made you happy then can be different to now, and trying to conform to beauty ideals or focusing on negatives only hurts self-esteem. Instead, look to positives – what you love about your life and who you are now.



*Focus on
friends
and
family,
not your
small
screen*

2

SWITCH OFF, NOW!

Nomophobia – the irrational fear of being without a mobile phone or the inability to use your phone (due to a lack of signal or being out of power) – is one of the biggest fears in the modern world. A study from the telecommunications equipment company Huawei in early 2017 found the average Australian spends 2.5 hours a day on their phone, equalling out to 38 days a year. But of course, this is just the average, with the numbers from heavier users balanced by those who aren't as 'obsessed'.

Today, people struggle to leave work at work, or switch off their phones and laptops, both of which are necessary to give the brain a chance to recharge. As a result, our mental health is suffering, with more people combatting higher anxiety levels than ever before. There is also a lack of face-to-face interaction with friends and family, causing many of us to feel somewhat lost and empty.

So, starting today, put your phone down, spend some quality time with your loved ones, go on a date, watch a movie together, go to yoga, relax in a bubble bath... do whatever you need to do on a daily basis to give your brain a chance to truly switch off.



3

GET A DAILY DOSE OF SUNLIGHT

Don't let those winter blues get the better of you! Low levels of sunlight can impact your wellbeing, as well as increase joint pain and achy bones due to a deficiency in Vitamin D. Sunlight not only provides us with 90 per cent of our Vitamin D, it also boosts our supply of serotonin (also known as 'the happy hormone').

During the darker months, head outside between 11am and 3pm for at least 15 minutes, exposing your skin to the sun. If the chill of winter is stopping you from doing so, talk to your healthcare team about taking a daily supplement.

Alternatively, book a holiday and chase some sun! ➤

4

RANDOM ACT OF KINDNESS

One of the easiest things you can do for your wellbeing is engage in random acts of kindness.

Going above and beyond your own personal desires to aid someone else can help you feel better about yourself and more connected, reduce your stress and strengthen your sense of belonging. Even once a week is enough – and it doesn't have to be a big gesture. Try these for an instant pick-me-up:

- **On public transport**, offer your seat to someone injured, pregnant or elderly. If this isn't possible (or there are enough seats), offer your help to 'mind the gap' when they're getting on or off the bus or train.
- **In a traffic jam**, if you see someone waiting to turn or merge into your lane, let them in.
- **Simply smile** at a stranger – you may even make their day!



5

ADD LEMON WATER TO YOUR MORNING RITUAL

Did you know that 85 per cent of brain tissue is water? As a result, dehydration causes the brain to generate less energy, and it can also contribute to headaches, fatigue and foggy thinking.

Sometimes we're a little too busy to ensure we drink those eight recommended glasses per day, or are just a little bored of plain water, so why not add flavour as encouragement to have a little more every day?

Add lemon to your water first thing in the morning to instantly feel refreshed. Not only will this ensure you're starting your day right, lemons can also help to build up your immunity level, cleanse your digestive tract and provide a zesty zing that increases your alertness to help you focus on the day ahead. Also try limes, cucumbers and berries to mix up the flavoured water of the day. ■



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- 85 Cottage cheese, tomato & dill on rye ●
85 Grapefruit with yoghurt and nuts ●●●
85 Porridge with pear, sunflower seeds and honey ●
64 Spiced porridge with pecans ●

LIGHT MEALS, SNACKS & STARTERS

- 47 Asian chicken lettuce wraps ●
48 Barbecued pulled pork sliders
37 Beef and barley soup ●
43 Blueberry and vanilla topping ●●
49 Chickpea and veggie pitas with creamy avocado dressing ●●
42 Homemade yoghurt ●●
62 Nutty chocolate muesli bars ●●
32 Orange and saffron fish soup ●●
43 Orange, cucumber and ginger topping ●●
42 Pistachio and apricot topping ●

- 37 Pumpkin soup with Thai gremolata ●●●●

- 85 Quick strawberry snack idea ●●●

- 61 Rhubarb and oat muffins ●●

- 36 Spiced carrot and lentil soup ●●

- 46 Spinach, mushroom and bacon quiche ●●●

- 49 Thai chicken wings with peanut sauce ●●

- 73 Toasted chicken, spinach and mustard sandwich

- 34 Vegetable and pasta soup ●●●

MAINS

- 35 Apricot chicken ●
57 Beef and potato curry ●●●●
70 Chicken and vegetable souvlaki
30 Chicken curry ●●
36 Coconut dhal ●●
79 Crumbed chicken with roasted vegetables ●
70 Greek roasted salmon and vegetables ●●
82 Hainanese-inspired chicken ●
80 Hawaiian pork ●

- 79 Mac and cheese with broccoli ●

- 38 Madras lamb curry ●●

- 79 Meatballs with roasted green beans and potatoes ●

- 70 Mediterranean-style eggs and tomatoes ●●●

- 36 Slow-cooked pork and apricot stew ●●●

- 80 Steak with mushroom sauce ●●

- 71 Tomato & seafood stew with roasted garlic toasts ●●

SIDES & EXTRAS

- 41 Fruit salsa ●
40 Gremolata ●
41 Salsa fresca ●
41 Veggie confetti ●

DESSERTS

- 54 Fruit compote with ginger ●●
55 Fudgy brownies with strawberries ●
54 Ginger orange cheesecake ●
52 Lemon berry pudding cake ●
64 Oat and poppy seed waffles with citrus syrup ●
65 Orange custard with crushed shortbread ●



KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

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■ Does someone you know have diabetes?

NO ☐ YES, TYPE 1 ☐ YES, TYPE 2 ☐

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Alix

Alix Davis, **Editor**

Editor's note

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GO ON, BE A *show off!*



Our resident type 1 columnist, Rob Palmer, sees nothing wrong with taking some pride in a job well done and success well earned



Does anyone remember being 10 years old and popping a mono on the BMX for the full extent of their leg-pumping ability? How about puffing the chest feathers out as you launched – with a wafer of

cardboard under your wing – what you thought was the biggest leap on record, off the level playing field, down the adjacent steep grassy slope. All for the unashamed love of showing off.

Sure, I can hear myself as a grown man to my own kids, “No one likes a big noter”. I do stand by that one; there is not much more annoying than hearing someone tell you just how great they are.

“Showing off”, however, well that’s another thing altogether. For me, it comes down to hard work and pride in your effort, not in your result. Generally, when the effort matches the desire, the results are pretty good. That said, it is entirely plausible that you will break a limb flying off the side of a hill on a square of cardboard.

Moving away from what I thought would impress Sonia Brown, Nicole Williams and Carolyn Day as a 10 year old (whether they liked it or not, I felt like I had proved something), it still seems important to me now, when considering the management of diabetes, not to lose the desire and effort that made showing off an option all those years ago.

If you can take out the downsides and look at

the positives, there are a few that I find stand out. Type 1 forced a maturity on me as a seven year old that I didn’t expect. In hindsight, as a kid, I became aware of food and healthy quantities. I had an understanding of sugar’s role in my diet. I had goals set for me that may have seemed unrealistic and unfair but, as I grew up, they may have given me a self-control that I would otherwise have gone without.

Sometimes I feel that if not for type 1, I may have had a far less desirable outcome. I still love food and a good time, but when the numbers say it’s time to adjust, it is exactly that. I may be wrong, but I reckon a positive outlook starts internally.

Then to showing off. It’s not about circus tricks but ownership of this condition. Just like riding on a BMX

track, there are plenty of moments where there is not a great deal to see, aside from steady pedalling. There may be a couple of stacks, but really, they are opportunities to learn and improve. Then there are the jumps, punctuations to be proud of. These could be an improved HbA1c, a four-hour run of a perfect line of glucose level. Realising that the Christmas pudding is ready just as your recipe says it should be.

When you celebrate these moments as they happen you are not “big noting” yourself. You are simply acknowledging a bit of pre-teenage flair. No matter your age, the ones who care will be thrilled at your success. ■



**I reckon
a positive
outlook starts
internally**

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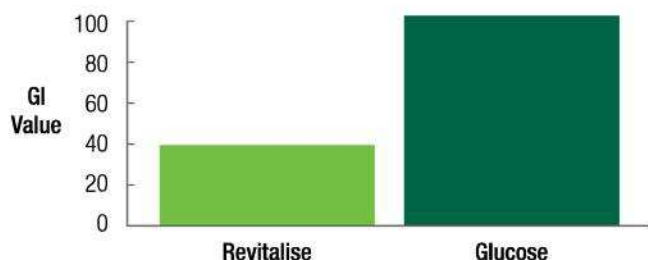
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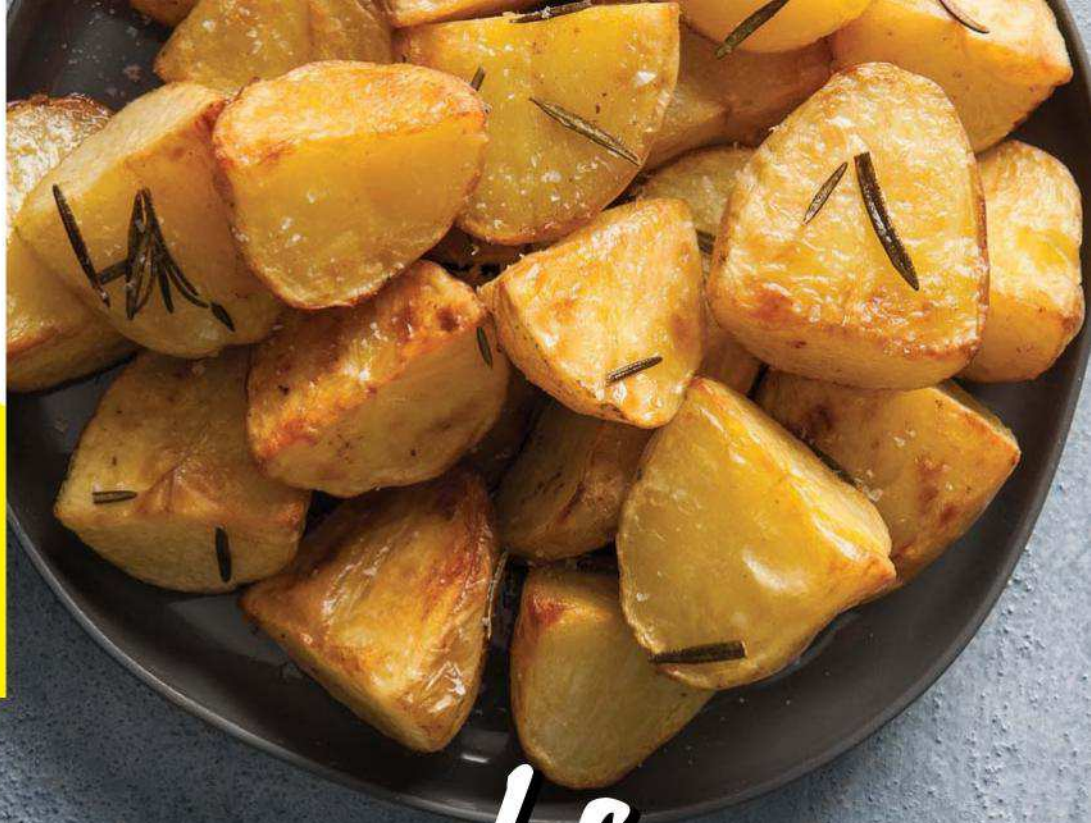
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